*The Famous*

# BOOK OF HERBS

TO
HEALTH
HEATH & HEATHER

## *The* GATEWAY *to* HEALTH

HEATH AND HEATHER LTD. HERB SPECIALISTS ST. ALBANS

# FOREWORD

**TO OUR OLD READERS** To the many thousands of our old friends and customers—and, none the less to those who have come later, we extend a word of thanks for your undeviating support, long after a cure of the ailment which first brought you to us has been effected. We shall do our utmost to render the best possible service to you whenever you need our help.

**TO OUR NEW READERS** We send this book with a word of welcome—trusting that we may be of the same help to you as we have been to so many others. We take a keen personal interest in your health, and if there is any real difficulty in selecting the remedy you require from the following pages, our help is freely at your disposal.

**HERBS FOR HEALTH AND HEALING**

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THE FAMOUS BOOK

OF

# HERBAL AIDS
## To Health and Fitness

REMEDIES, PREVENTIVES,
RESTORATIVES, TONICS,
TOILET ACCESSORIES, Etc.

SEVENTEENTH EDITION

**Containing many new items, and presented in revised form for our customers' greater convenience**

Issued by
HEATH & HEATHER Ltd.
World's Largest Retail Herb Specialists
ST. ALBANS, Herts.
1938

# DIRECTORS' MESSAGE

We cannot present this new issue of our Herb Book without reference to the passing of the late Mr. James Ryder, Founder and Managing Director of the firm of Heath & Heather, Ltd. The principles of integrity and service were so firmly established by him that they have become a tradition—and one that will be as firmly upheld.

We wish to assure our customers—many of whom have dealt with the firm since its inception—that we shall aim always to give the best service that lies in our power. The same scrupulous care in the formulation and compounding of our herbal mixtures and Remedies will always be observed, and we shall be unremitting in our efforts to present all that is best in Herbal practice.

We realize the greatness of our responsibility and are encouraged by the knowledge that we have the confidence and goodwill of countless people at home and all over the world.

We tender our greetings and thanks to all our friends, both old and new.

HEATH & HEATHER Ltd.

Joan Ryder

*Governing Director.*

JANUARY, 1938.

DIRECTORS:
Joan Ryder
S. F. Mayes
L. T. Claisen
A. Simpson
J. Martin

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# THE FIRM OF HEATH & HEATHER

Herbs have been used from time immemorial for healing the sick, strengthening the weak and maintaining good health. The ancient Greeks, renowned for their cult of physical fitness and love of beauty in the human form, were profound students of the medicinal power of Herbs. Their great physicians of undying fame, founders of Medical Science, were Herbalists.

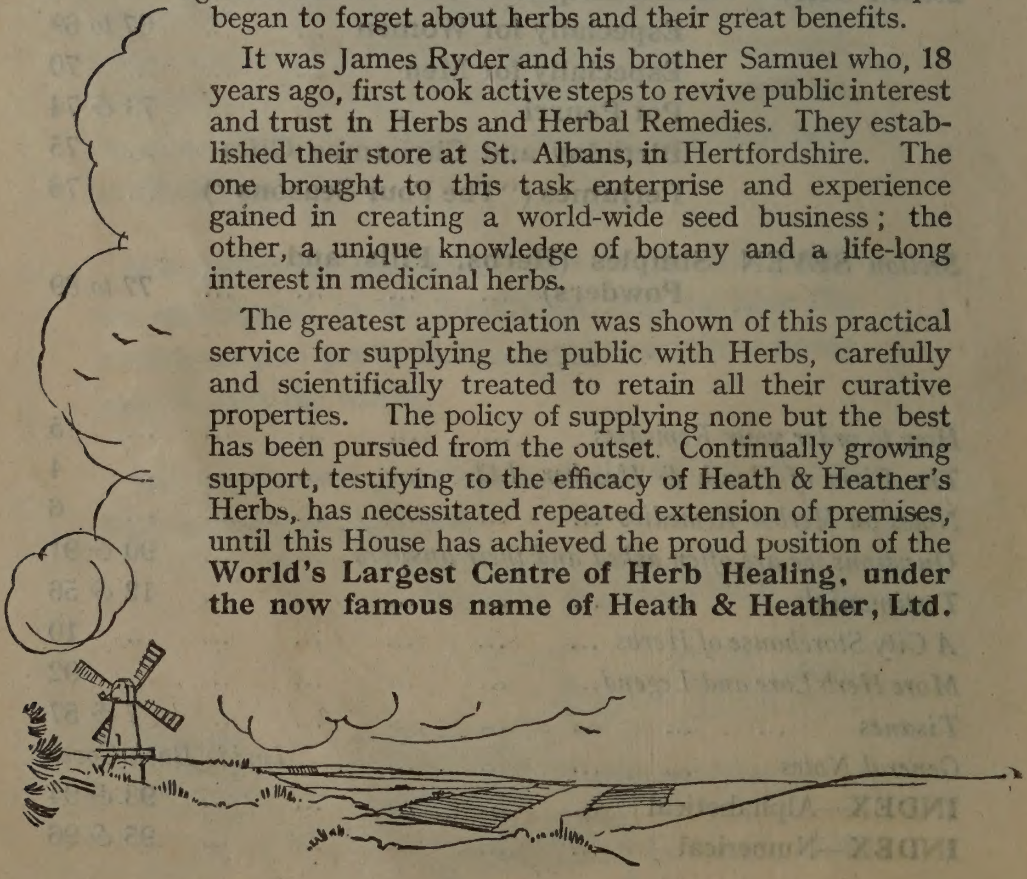
Country after country, generation after generation pursued the study of Herbs for Health and Healing. The use of herbal remedies became widespread. Nature's beneficent provision of natural supplies was supplemented by extensive cultivation.

In England, for instance, up to the 19th century, herbs were commonly grown in the gardens of rich and poor. Housewives were skilled in the art of gathering and drying them and in preparing herbal preventives and remedies from trusted recipes.

Then came the machine age. Migration from countryside to cities and towns cut people off from the sources of their age-old Nature medicines and medicaments. People began to forget about herbs and their great benefits.

It was James Ryder and his brother Samuel who, 18 years ago, first took active steps to revive public interest and trust in Herbs and Herbal Remedies. They established their store at St. Albans, in Hertfordshire. The one brought to this task enterprise and experience gained in creating a world-wide seed business; the other, a unique knowledge of botany and a life-long interest in medicinal herbs.

The greatest appreciation was shown of this practical service for supplying the public with Herbs, carefully and scientifically treated to retain all their curative properties. The policy of supplying none but the best has been pursued from the outset. Continually growing support, testifying to the efficacy of Heath & Heather's Herbs, has necessitated repeated extension of premises, until this House has achieved the proud position of the **World's Largest Centre of Herb Healing, under the now famous name of Heath & Heather, Ltd.**



# HOW TO ORDER HERBS FROM HEATH & HEATHER Ltd.

**ORDER ALL REMEDIES BY THEIR NUMBER.**

**CASH WITH ORDER.**—Orders must be accompanied by **Postal Orders, Money Orders** or **Cheques**, crossed "& Co." and made payable to Heath & Heather, Ltd.

**CREDIT NOTES.**—When the money received exceeds cost of goods, a Credit Note will be sent for the difference, **unless customers request otherwise.**

**ENGLISH POSTAGE STAMPS** may be sent with small orders.

**COINS** must and Treasury Notes should be sent by **Registered Letter.** We cannot accept responsibility for loss in transit.

**CASH ON DELIVERY.**—Remedies will only be sent C.O.D. on special request and on the understanding that the C.O.D. charge is paid by the customer.

**TELEGRAPH MONEY ORDERS** will receive immediate attention.

**CARRIAGE** or **POSTAGE** on the goods is paid by us except where otherwise stated.

**ORDERS** are despatched by return of post.

**IRISH FREE STATE.**—Carriage or Postage on goods is paid by us, but **all Fees and Customs Duties** are payable by the customer. Goods can only be sent by Parcel Post—not by letter post nor C.O.D.

**IMPORTANT TO CUSTOMERS ABROAD.**—Customers in countries other than the British Isles **must** send with their orders a **Money Order** or **Bank Draft. No Stamps** can be accepted in payment. Extra money for postage must always be sent with an order. Credit will be given for any excess sent.

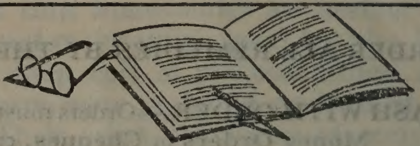
**CATALOGUES ARE SENT ANNUALLY, so please notify us of any change in your address.**

**OUR REMEDIES** can only be obtained direct from Heath & Heather Ltd., St. Albans, or from **Chemists' Shops** and **Stores** where our Agency card is displayed.

**HEATH & HEATHER, LTD., ST. ALBANS, HERTS**

Telegrams—**"Herbs" St. Albans** 'Phone—**St. Albans 4545** (2 lines)
**Hours of Business.**—8 a.m.—5 p.m. Saturdays: 8 a.m.—12 noon.

# NOTES ON OUR HERBAL REMEDIES



**What are Herbs?**—Medicinal Herbs include leaves, stems, flowers, seeds, roots and barks of various plants. Some grow wild, others are cultivated. As far as possible, we use British Herbs grown in their natural surroundings.

**How Supplied.**—We supply our Herbs in the form of dried leaves, etc. They have only to be infused or simmered. We offer the finest Herbs procurable, harvested at the right time and under those conditions which experience proves will enable the dried leaf, flowers, etc., to retain at full strength the virtues of the growing plant. They are dried by scientific methods which preserve their best qualities.

We have no one treatment for all complaints. That is impossible. We offer special treatment for each complaint.

Heath & Heather Remedies are prepared in the form of both **Herbs** and **Pills.**

The **Herbs** are slightly more effective and should be given preference wherever possible. Their preparation is simple. Directions are printed on each packet.

The **Pills** are designed for customers who find it inconvenient to prepare infusions, and prefer their medicine in a more compact and convenient form.

Following the description of each Herb mixture will be found its equivalent in pill form.

**Remember.**—Many so-called "remedies" are only alleviants. Herbs, Nature's remedies, are the safest, surest and best. Nature—long-suffering and merciful—has endowed most people with amazing powers of resistance or recuperation; but many complaints are of gradual development and take correspondingly long to eradicate. Be reasonable. Give the treatment a trial in proportion to the period of suffering. Our Herbal Remedies are Nature's cures—and Nature, by slowly and surely getting down to the cause of the trouble, is always right. Where complaints are of long standing and have got thoroughly into the system, we ask you to exercise patience and to persevere with the remedies taken.

**Prevention is better than cure,** and many a serious illness would be avoided if early steps were taken. In *recovering* health our remedies are undoubted. But we do urge you to take steps to *maintain* your health. Particular attention is, therefore, drawn to the opening item in our list—Health Herbs, page 9.

# TISANES

In France, in the brilliant days of Marie Antoinette, every hostess would serve her guests with the most delectable "tisanes" prepared from Herbs. On the after-dinner coffee tray would be seen little teapots containing "tisane de menthe" or "tisane de camomile," and the guests would select their flavour, adding a little sugar according to taste. Every peasant woman understood the preparation of these Herbal decoctions, and many possessed their own herb garden and recipes.

Even in the present day, the French still practise this gentle art, and every occasion, every indisposition, and every change of weather, calls for its appropriate tisane.

Tisanes are coming into their own again, and we are learning the delicious and healthful habit of sipping the right flavour for the right moment.

We have introduced five Tisanes in the following pages under the headings of :—

**General Health**
**Indigestion**
**Insomnia**
**Rheumatism**
**Stomach and Liver**

Every remedy made from our Herbs might, perhaps, be called a Tisane, but we wish to make it clear that Tisanes do not take the place of Remedies. They are pleasant and healthful daily beverages which, at the same time, will be of distinct benefit to those suffering from the specified complaints.

It is surely wise that, whilst our daily "cups of tea" satisfy our needs, they should do us no harm. Our Tisanes go a stage further than this—they refresh and satisfy—and benefit at the same time.

Their flavour is attractive, and they are made, like ordinary tea, in a teapot, requiring no more than five minutes' infusion. They may have milk and sugar added to taste.

## COLOURED PLATES DISCONTINUED

The rise in production costs of all items has been very considerable, but it will be seen that (with one exception on page 62) we have made no increase whatsoever in our prices. We believe that this will be appreciated by our customers.

We regret, however, that these circumstances have necessitated our discontinuing the gift of Coloured Plates.

## Section One

# HERBS AND GENERAL HEALTH

Keeping people fit has been the concern of Heath & Heather ever since the House began its activities. We have always emphasized the sound wisdom of fortifying the body against sickness and disease by maintaining a high standard of physical fitness, and we have consistently shown how the Herbs provided by benevolent Nature can help in this achievement.

Now, to our extreme gratification, the question of the people's health has become a Governmental concern, and the National "Keep Fit" campaign is bringing the importance of being healthy into universal prominence.

The condition of the blood is the basis of good health. Tiredness—loss of confidence—inability to concentrate, are due to the blood streams becoming clogged with the poisons and the waste products which should have been eliminated in a natural way.

If care and attention are paid to diet, clothing, exercise, sleep and environment, the problem of the prevention of disease will have traversed considerably along the right road towards solution.

Unfortunately, modern conditions make it difficult for many people to keep perfectly healthy, indeed, it is a tribute to the amazing adaptability of the human body that the general standard of health is as high as it is.

The rush of life, the noise, the stream of unsettling events and the nerve-racking shocks and alarms experienced by townspeople all have a debilitating effect upon the system.

Lack of fresh air and exercise, improper food and hastily snatched meals help to sap the vitality of large numbers of people engaged in sedentary occupations ; and it is quite impossible for the great majority to spare the time necessary to keep themselves in a state of perfect health.

That is where Herbs come into the picture. Grown in the fresh air and sunshine, they are full of vital properties which can be turned to good account by the human body.

# 1. H. & H. HEALTH HERBS

**For making a pleasant and beneficial Health Drink for regular use**

**NOT A MEDICINE**

From our extensive knowledge and experience in the use of Herbs, we have compounded a Herbal Mixture for toning up the system and improving the general health. Known as H. & H. Health Herbs, the infusion made from this mixture may be described—not as a medicine—but a health drink; and those taking it regularly will find themselves more energetic, brighter and clearer in mind, happier and more fit for their work.

We cannot too strongly urge our readers to give these Health Herbs a trial.

This general Blend of Herbs makes a valuable health drink which should be taken regularly every morning, by everyone in the family. The infusion is easily prepared and so amazingly effective that those who start the day on it quickly come to understand the magic of Herbs. It stimulates the appetite, regulates digestion, steadies the nerves, enriches the blood, promotes energy and generally tones up the whole system. An inexpensive and invaluable aid to physical fitness, business and household efficiency, and a healthy outlook on life.

*Per package,* 2/6 *post free*

## 110. H. & H. HEALTH PILLS

The equivalent of the Health Herbs in Pill form. Ideal for the business man or woman.

*Per box of* 50, **1/3** *post free* *Per box of* 150, **3/-** *post free*

**T1. "BALM" TISANE FOR GENERAL HEALTH.** Our Health Herbs No. 1 form the most famous Tisane ever compounded. We have incorporated their ingredients in our **Tisane T1,** which gives the right strength to the infusion when made in a teapot like ordinary tea. Every member of the family will enjoy it, and it forms a pleasing and healthful daily beverage for family use on all occasions.

*Per package,* **2/6** *post free*

**HEALTH HERBS.**—I feel I must enclose a line with my order to tell you how much your Herbs have benefited me. During this last bad Winter when my friends were all going down with "flu" and complications, I kept perfectly well, though the Winter before when the weather was not so bad I caught cold after cold and had other trying symptoms from chill, and the only reason I can give for my immunity this time is that at the first signs of trouble in the Autumn I started taking your Health Herbs No. 1, and kept on with them fairly regularly until the epidemics were over. I am recommending your Remedies to my friends.—D.P.—13039.

**HEALTH PILLS.**—I feel I would like to send a word of appreciation with my order for another supply of Health Pills—I have only had one box, and I have already proved their worth. My husband was laid up with a very bad attack of Influenza a short time ago, and in the ordinary way I should have been infected, as I catch cold very quickly, but thanks to your Health Pills I have kept free and well. We are both going to continue taking them through the Winter and I am also ordering a small box for a friend to try.—N.H.—13051.

*Certain spices and exotic Herbs, before they reach us, pass through the Port of London into one or other of the great London storehouses. Here is a visitor's impression of one of them.*

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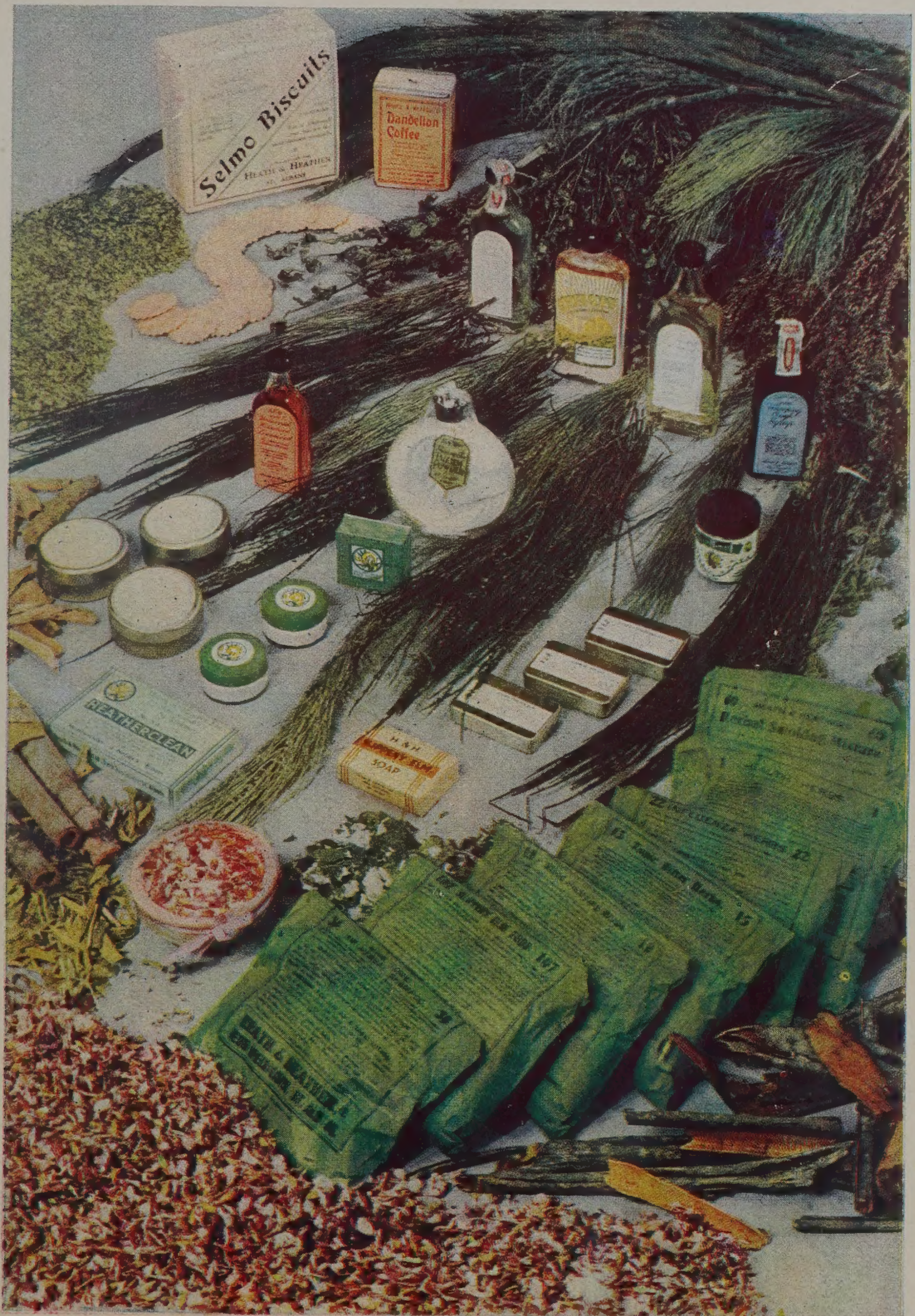
# A CITY STOREHOUSE OF HERBS

Foreign potentates entertained by the Lord Mayor at Guildhall are mildly surprised to observe that the dais on which their host awaits them is strewed with sweet-smelling herbs ; and they are told, if they inquire the purpose of this odd prophylactic measure, that the practice dates back to the Great Plague of London. It is fitting that this ancient custom should be continued. London is still closely associated with herbs, and a short ride from Guildhall would bring the visitor to the greatest storehouse of herbs in the world.

Most of us plume ourselves on seeing romance in at least one thing which to the eye that a misspent life has dimmed is commonplace. It may be a dirty British coaster with a cargo of tin trays, the primitive drawing of a bison on a cave wall at Altamira, or the beadwork screen that grandmamma worked in the days of her courtship. For me it is the factory, outwardly a factory like any other, but to the visitor with a knowing nostril a fragrant epitome of the garden of the world.

Richard Jefferies, meditating in a meadow on the spendthrift ways of Nature which squanders seeds and leaves and petals with absolute indifference, rejoiced in this noble, broadcast, open-armed waste. This factory exists to turn Nature's boundless generosity to human use. It has been said that news, which has become as saleable and merchantable a commodity as soap, is the only valuable thing in the world which grows everywhere of its own accord. This saying is also very nearly true of herbs. Some are cultivated on farms, but many more grow wild. There are professional gatherers, and the little hauls of each gatherer may be imagined making their destined way by devious routes into the world-wide net spread to receive them, crossing country borders, frontiers and seas in bales and mats and pockets (what you and I would lump together as sacks) until they fetch up in the fascinating underground storerooms in London—Cloves from Zanzibar, Cardamans from Malabar, Cinnamon from the East Indies, the aromatic barks of trees and dried flowers of exquisite colour from everywhere. Here they are stacked on shelves as deep as sleeping bunks in separate departments with temperature and humidity carefully regulated to suit their constitutional needs. After maturing, the "crudes," as they are called in the trade, pass through sifting frames to the disintegrator and thence to the mills which are ceaselessly grinding them into healing compounds. These processes have their fascination, but for me the delectable raw materials are never more romantic than when they are impregnating the immense and dusky labyrinth in which they lie stored with the scents of places long unseen. Would that one's nostrils were half as gifted as a dog's !


Selmo Biscuits
Heath & Heather
Dandelion Coffee
Heatherclean
H & H
Soap

Healing comes to you from field, tree and hedgerow

Herbs bring Good Health to your Family Circle

# Section Two

## Herbal Treatment for Complaints and Minor Ailments

**Complaints and Ailments are given in alphabetical order, followed by their correct herbal treatment**

**Sundries such as Liniments and Emergency Stores will be found at the end of this section, pages 49 & 50**

# TESTIMONIALS—WHY?

*Because, so often do our remedies succeed where all else has failed, that sufferers write through sheer relief and gratitude. There can be no finer recommendation than these letters of thanks. Here are but a few from our enormous post-bag.*

**RHEUMATISM.**—I must send you a letter to let you know that after having taken one-hundred-and-fifty of the No. 123 Pills together with No. 120 at night I am quite free from the Fibrositis which I have suffered from for nine months. I cannot thank you enough for recommending the Herbal Pills, as it is such a relief to be free from pain. I may add that I have taken various drugs, been X-rayed and had two different kinds of electrical treatment, none of which did me the slightest bit of good. I can now walk as well as ever and I am feeling very fit again.—M.P.—14020.

**SCIATICA.**—I feel the recovery I have made is due to your Herbs. I was under medical treatment for three months and never thought I should walk again, when a friend advised me to try your remedies, and after the first box of Pills I found great relief and have now lost all pain. I still keep a supply in case the pain returns. I have recommended your Herbs to my friends which I feel is my duty after the benefit I have received. Thanking you.—A.H.—13137.

**SCIATICA.**—I am pleased to inform you that the No. 13 Herbs are giving me relief. I have now taken four packets and only have a slight touch of pain occasionally in the hip, and occasionally rheumatic pain lower down the leg and round the knee. I have suffered with this complaint about twenty years, and have obtained more relief from your Herbs than anything I have taken previously.—G.L.—13133.

**SCIATICA.**—I want to tell you how much good your Sciatica Herbs have done me. I started before last Xmas and tried all sorts of things and went to a masseur for treatment. I could not walk right and could not sleep for pain and had a lot of pins and needles pain in the calf of my leg and down to my toes. Since taking your Herbs all this has gone. I have gone back to work and sleep like a top. I have had to persevere with them, of course. I have been taking them about three or four months. I shall recommend them to all my friends.—A.—13096.

**SCIATICA.**—I would like to state that No. 13 has been the finest Mixture for Sciatica. It has cured me when every other known means had failed, having had it in the most severe form.—W.W.—13011.

**LIVER TROUBLE.**—From May to September, 1936, my father had milk and water, that being too much for him sometimes. He started taking the Liver Herbs and since September has eaten anything without trouble. He looks well and says he feels well and is nearly eighty-three. I think they are wonderful and have told heaps of people about Heath & Heather. Have also sent about twenty addresses for books.—J.—13034.

**LIVER TROUBLE.**—Three months ago I was discharged from hospital after having an operation for suspected Gall Stones and Inflammation of Gall Bladder, also enlarged Liver. At times I have been troubled with the old complaint. Nurse J——, of Winchelsea, sent me a package of your Herbs No. 7 for which I am very grateful. I feel a different man after two years' suffering. I am feeling my old self again and am certainly continuing with them.—H.J.—13024.

**STOMACH TROUBLE.**—I enclose a further order form. I think the Stomach and Liver Pills are simply marvellous, and they act so naturally on the bowels, too. To me it seems wonderful they should be so effective when I have previously tried everything in the doctor's surgery, besides massage, X-ray, etc., without any good result.—E.S.—13043.

# ABSCESSES

19. **H. & H. Blood Purifying Herbs,** page 16.
158. **H. & H. Marshmallow Ointment,** page 18.
39. **H. & H. Poultice and Embrocation Herbs,** page 50

# ACNE

19. **H. & H. Blood Purifying Herbs,** page 16.
143. **H. & H. Antiseptic Ointment,** page 49.

# ANÆMIA

In anæmia there is a deficiency of red corpuscles in the blood. It is caused partly by weakness of the system, but to a very large extent by unsuitable diet, insufficient exercise and lack of fresh air. Those who are troubled with anæmia are pale in complexion, have little energy and suffer from headaches and a general feeling of depression. If early steps are taken by the use of our Herbs, serious health troubles (which so often follow anæmia) will be avoided. It is a general belief that anæmia is a purely female complaint—but it is common also among boys and men, and needless to say should be dealt with early if grave consequences are to be avoided.

## 17. H. & H. ANÆMIA HERBS

These Herbs act through the digestive organs. They stimulate these so that there is a better assimilation of the food, and a rich and life-giving stream is poured into the blood vessels.

Our blend of Herbs, if prepared and taken as directed, will produce a change; and a very little time will be sufficient to prove the effectiveness of this remedy.

*Per package,* 1/6 *post free*

## 125. H. & H. ANÆMIA PILL

*Per box of* 50, 1/3 *post free* *Per box of* 150, 3/- *post free*

**329. H. & H. LIVE NATURAL GRAPE JUICE,** page 60. Will be found a valuable addition to treatment.

**18a. H. & H. BLOOD TONIC,** page 17. For poorness of blood and anæmic conditions generally.

ANÆMIA.—You will I am sure be pleased to hear that my sister who has been suffering badly from Anæmia, has derived great benefit from this preparation, which has proved more efficacious than the most easily assimilated form of iron taken as a drug. Her doctor was very pleased with her improvement, and she told him what she had been taking. The last time she saw him, he told her that he had been prescribing it largely amongst his patients, particularly children, with gratifying results.—M.M.—13105.

# ASTHMA

Every effort should be made to avoid the circumstances which are known by experience to produce attacks. Avoid especially exposure to weather which may induce bronchitis.

## 67. H. & H. ASTHMA TREATMENT

For immediate relief and prevention in the future, this treatment will be found of the greatest service.

The Herbs of which it is composed are of well-proved value to the respiratory system ; the fumes, when inhaled, have an immediate effect in counteracting the awful constriction which sufferers undergo. The muscles which regulate the bronchial tubes relax and breathing at once becomes easier.

The remedy should always be kept at hand, especially as one attack without treatment makes the sufferer more susceptible to the next. With regular treatment, the reverse is the case.

**Parents** should realize that early disease leads, in many cases, to Asthma. Therefore, the powder should be burnt freely in the nursery or sick room as a preventive of later troubles, especially in the case of coughs, bronchitis, measles, etc.

*Per tin,* **1/9** *post free*

We also recommend :

**21. H. & H. Cough Herbs,** page 22, and
**156. H. & H. Mus-Gar Ointment,** page 21.

## 68. H. & H. FRAGRANT HERBAL CIGARETTES "ARABIAN"

**For the alleviation of Asthma, Bronchitis, Catarrh and other Affections of the Respiratory Organs**

Based upon the prescription of a famous Belgian doctor, these Cigarettes are made from a carefully blended mixture of fragrant leaves, flowers, and remedial Herbs.

To sufferers from Asthma, Bronchitis, Catarrh and affections of the respiratory organs, they give immediate relief and greatly improve the breathing.

Herbal cigarettes are never easy to produce because of the uneven character of the herb ingredients, but here we have achieved as perfect a standard as is humanly possible. The Herb mixture has been so refined in texture as to allow of slow, even burning, which brings out the flavour and increases the pleasure of smoking ; while the tube mouthpiece prevents small particles of the cigarette from entering the mouth.

H. & H. "Arabian" Fragrant Herbal Cigarettes are the very finest of their kind ; not only are they extremely beneficial, but they are cool smoking, satisfying and pleasing.

| | 10 | 20 | 50 | 100 | 500 | 1,000 |
|---|---|---|---|---|---|---|
| *Prices* | **5d.** | **10d.** | **2/-** | **3/9** | **18/-** | **35/-** *post free* |

## 69. H. & H. HERBAL CIGARETTES DE LUXE

These are larger in circumference than the "Arabian." They last longer and are extra-fragrant, giving off a very pleasing vapour. The increased fragrance in no way detracts from their remedial qualities. They compare very favourably in smoking qualities with ordinary cigarettes and, being herbal, are absolutely non-injurious. There is no sting or bite, and their fine quality makes them acceptable to all kinds of people who enjoy smoking, even hardened tobacco smokers, and they are particularly valuable in cases where a non-irritating smoke is essential.

| | 10 | 20 | 50 | 100 | 500 | 1,000 |
|---|---|---|---|---|---|---|
| *Prices* | **6d.** | **1/-** | **2/5** | **4/9** | **22/-** | **42/-** *post free* |

## Heath & Heather's
## HERBAL SMOKING MIXTURES

### 60. H. & H. Herbal Smoking Mixture (Fragrant).
### 61. H. & H. Herbal Smoking Mixture (Plain).

Smokers do not at first take kindly to the idea of smoking herbs. They should remember, however, that they are merely substituting one herb for another—and a non-injurious one at that! Tobacco smokers need really have no hesitation about changing over to these mixtures. They give a good and perfectly satisfying smoke. They smoke drier than tobacco, and do not foul the pipe. They draw exactly like tobacco, and are equally cool.

They are economical and, therefore, cheap. A 1/6 packet contains five times the bulk of one ounce of ordinary tobacco. Though one is rather more fragrant than the other, both the mixtures are extremely beneficial, soothing to the nerves and kind to the chest.

These Herbal Smoking Mixtures offer sufferers from Bronchitis, Asthma, throat and lung troubles and chest complaints generally, a satisfying alternative to tobacco. The vapour given off helps to heal the sore membranes, making breathing very much easier and, being non-irritant, they cause no aggravating cough.

**PRICE OF EACH,** post free—

*Per packet* **1/6,** *two for* **2/9,** *three for* **4/-,** *four for* **5/-,**
*five for* **6/-,** *and* **1/-** *for each extra package.*
*Twenty packets for* **£1,** *carriage paid.*

Special pipes are not essential, but we supply the following inexpensive and suitable range:

**62. PIPES (Briars).** Quote letter B, C, D or E to denote shape required. These are illustrated on plate facing page 75.

*Price* **1/6** *each*
2d. *extra for postage if ordered alone.*

# BACKACHE

11. **H. & H. Backache and Kidney Herbs,** page 35.

# BALDNESS

38. **H. & H. Hair Tonic Herbs** and **210. H. & H. Hair Nourishment,** page 71. These, used in conjunction, have produced most gratifying results.

# BILIOUSNESS

6. **H. & H. Stomach and Liver Herbs,** page 45.

# BLOOD DISORDERS

Everyone knows that unless the condition of the blood is maintained in all its richness and purity, the whole system may be undermined and good health made impossible. "For the blood is the life" is a saying of ancient days. Good, rich, pure blood is Nature's strongest defence against disease.

### 19. H. & H. BLOOD PURIFYING HERBS

The symptoms of poor blood evince themselves not only in run-down and anæmic conditions generally, but in such disfigurations of the skin as Abscesses, Acne, Boils, Erysipelas, Gatherings, Pimples, Running Sores, Rash, Scurvy, Ulcers, Varicose Veins, etc.

This blend of Herbs is formulated to cleanse the blood of all impurities and revitalize the entire body. It is necessary to purify the blood in treating Eczema, Psoriasis, Colitis, Gastritis, Nettlerash, Quinsy, Sore Throat, Stomach Ulceration, Ulcerated Mouth, Varicose Veins, etc. A course of this simple and not unpleasant remedy, in the form of tea, will speedily restore the blood and, therefore, the skin to a healthy state, and thus add vitality to the whole system. It should be understood that the treatment consists of eradicating impurities, and therefore, gatherings, etc., may sometimes appear worse before they are better.

*Per package,* 1/6 *post free*

### 128. H. & H. BLOOD PURIFYING PILL

*Per box of* 50, 1/3 *post free* *Per box of* 150, 3/– *post free*

**BLOOD PURIFYING HERBS AND ANTISEPTIC OINTMENT.** —I write to thank you for the treatment you prescribed for my wife's hand, *i.e.*, Pills No. 128 and Antiseptic Ointment No. 143 which I am happy to say have been little short of miraculous, having achieved in a short time what specialists have been unable to do in two years.—W.H.—13083.

### 18a. H. & H. BLOOD TONIC

This is a Herbal Tonic specially prepared for those who are suffering from poorness of blood and weak and anæmic conditions generally. The Herbs of which it is composed are such as will give tone and strength to the vital fluid, and make it better able to carry out its duties of nourishing and strengthening the whole system. Many people who are not exactly ill, and who do not feel ill, are often subject to poverty of blood, which gives them a pale and worn appearance. They are unable to work vigorously, although no one can say that there is anything wrong specifically. To such, this Blood Tonic forms a pleasant, beneficial remedy which may, with advantage, be taken two or three times per day.

*Per bottle,* **2/6** *post free*

### 277. HERBAL BLOOD COMPOUND

Many people—both adults and children—need an enrichment of the blood at certain periods of the year—notably Spring and Autumn. This compound is recommended for enriching the blood-streams and imparting vitality. Most suitable for children.

*Per bottle,* **1/3** *post free* *Larger size,* **2/-** *post free*

## BLOOD PRESSURE, HIGH

The causes are many, but among the chief are the wearing of tight clothes (especially round the neck), overstrain and injurious diet; many cases arise from insufficient exercise and from excessive drinking, or may be due to disease of certain organs, such as the Liver, Heart or Kidneys. Those who have reason to suspect High Blood Pressure are strongly urged to take immediate action.

### 41. H. & H. HERBS FOR REDUCING BLOOD PRESSURE

This mixture of Herbs is calculated to restore the system to a normal state. We wish to point out that these Herbs alone will not do everything required. It is necessary for those who are taking them to adopt a system of diet. Particulars of this system are indicated with every package. We are quite certain that those who are suffering in this way will be able to correct matters if they take our Herbs and pay strict attention to diet.

*Per package,* **2/6** *post free*

### 140. H. & H. BLOOD PRESSURE PILL

*Per box of* 40, **1/3** *post free* *Per box of* 120, **3/-** *post free*

**BLOOD PRESSURE.**—It is nearly two months since I wrote to you. You advised me to have the Blood Pressure Herbs and I have been taking them ever since. I am so thankful for the great relief they have given me after months of suffering. Your Kidney Herbs are wonderful, and have done me good. I feel so much better altogether though I am nearly seventy. If you care to, you can use this for the benefit of others. I cannot thank you enough for the great benefit I have received.—F.C.—13061.

# BOILS

## 158. H. & H. MARSHMALLOW OINTMENT

This is one of the finest healing Ointments that have yet been discovered. The marshmallow plant grows in abundance in most parts of the country and its powers of healing are so great that it has been termed "Mortification Root." In this ointment not only is Marshmallow used but also Slippery Elm, and these two in combination will be found to have a quick and marvellous power in removing the most obstinate inflammation and preventing suppuration. It is impossible to overstate the value of this Ointment in dealing with Abscesses, Boils, Ulcers, Proud Flesh and inflammatory conditions generally.

*Per box,* 1/3 *and* 3/- *post free*
*The larger boxes contain* 3 *times the quantity of the smaller.*

As boils are due to impurities in the blood, we recommend a course of :

**19. H. & H. Blood Purifying Herbs,** page 16.

**BOILS.**—I have much pleasure in saying that your Blood Purifying Herbs did me the world of good. The Herbs cured my boils. I have been a sufferer for over ten years and have spent pounds on so-called cures. Your Herbs have been the best cure. Wishing Heath & Heather every success and I will recommend your Herbs wherever required.—A.H.—13005.

# BRONCHITIS

**21. H. & H. Cough Herbs,** page 22.
**156. H. & H. Mus-Gar Ointment,** page 21.
**60 & 61. H. & H. Herbal Smoking Mixture,** page 15.
**68 & 69. H. & H. Herbal Cigarettes,** pages 14 & 15.

**BRONCHITIS.**—In sending you another order for Herbs I think I ought to tell you of the good I have derived from them. I have been taking them for about nine months and can testify as to the benefit I have received. When I tell you that nine months ago I was almost giving up work owing to chronic Bronchitis, and to-day the cough is scarcely worth speaking about, you will see I have much to be thankful for. Certainly the cough is not away, but not for years have I been so free of it. I give the credit to your Herbs and have recommended them to many of my friends.—W.S.—13013.

# BURNS

## 146. HEALING OINTMENT

The injured parts should be immediately smeared with this Ointment, which not only excludes the air but allays pain, promotes rapid replacement of the skin, knits together lacerated tissues and speedily makes the injured portion healthy.

*Per box,* 1/3 *and* 3/- *post free*
*The larger boxes contain* 3 *times the quantity of the smaller*

# CATARRH

## A Plague of Modern Life

**The large majority of our population suffer at times from Catarrh in one form or another**

Catarrh attacks people of all ages and types. Its debilitating effects are only too well known. Prompt measures should be taken at the very first sign of the complaint, which may manifest itself by attacks of sneezing, soreness of the throat, fulness of the head, profuse watery discharge from the nose and eyes, difficulty in breathing through the nose, with deterioration of the senses of smell and taste, etc. Unless it be tackled quickly, Catarrh may assume a more severe character, developing into a chronic affection of the lungs and respiratory organs. It may also induce Catarrh of the Stomach and Intestines, thus poisoning the whole system, with disastrous effects upon the general health.

### 66. H. & H. CATARRH HERBS

This mixture of Herbs constitutes the best Herbal Catarrh treatment of which we know, and we are confident that those who use it will benefit enormously.

The Catarrh Herbs, taken at the first sign of the complaint, will in most cases cut short the attack and ease the condition of the sufferer. Combative action of this kind will save much of the misery, discomfort and debility which are the accompaniment and result of Catarrh.

The Herbs, by purifying the blood, allaying the inflammatory state of the mucous membranes, healing the soreness of the throat and nasal passages, pave the way for recovery. From the first dose a sense of relief is felt. The feverish conditions, together with coughing, hoarseness and temporary loss of voice sometimes experienced, quickly abate and health is speedily restored.

**Preventive Measures.**—During cold and changeable weather conditions, wear warm but light clothing. Take plenty of plain nourishing food in variety, fresh fruit and green vegetables. Be regular in the habits, and where circulation is affected attend to the matter without delay, for an improved circulation will do much to ward off attacks.

*Per package*, **1/6** *post free*

### 114. H. & H. CATARRH PILL

*Per box of* 50, **1/3** *post free* *Per box of* 150, **3/–** *post free*

**CATARRH.**—It might interest you to know that I have received considerable benefit from the use of your Catarrh Herbs. They are really wonderful and I am already feeling an entirely new man.—H.P.—13079.

**CATARRH.**—I am delighted to tell you my ear is coming gradually right through your wonderful Pills. Do send me another 1/3 size of Catarrh Pills. My word, I shall recommend them.—S.H.—14005.

## 233. CATARRH PASTILLES

Give immediate relief in cases of Nasal and Bronchial Catarrh, easing and clearing the nasal passages, and disinfecting the surrounding air. Should be sucked at intervals throughout the day, especially when colds and 'flu are in evidence.

*Per box,* 1/3 *post free*

**257. EUCALYPTUS AND MENTHOL PASTILLES.** A great help to those suffering from Nasal Catarrh and obstructive affections of the air tubes generally.

*Per tin,* 1/3 *post free*

**278. H. & H. INHALANT (PINE).** Those suffering from colds, catarrh, hay fever and influenza will find this inhalant invaluable.

*Per bottle,* 1/3 *post free*

**60 & 61. H. & H. HERBAL SMOKING MIXTURES,** page 15.
**68 & 69. H. & H. HERBAL CIGARETTES,** page 14 & 15.
**156. H. & H. MUS-GAR OINTMENT,** page 21.

**15. H. & H. TONIC HERBS.** Should be used for improving the circulation and in cases where loss of strength has resulted from an attack of Catarrh. They will be found very effective for preventive purposes by assisting in the attainment of a robust standard of health and strength.

*Per package,* 1/6 *post free*

# CHANGE OF LIFE

1. **H. & H. Health Herbs,** page 9.
201. **Chlorophyll Tablets,** page 37.

# CHEST COMPLAINTS

## 18. H. & H. CHEST HERBS

**Weak Chests.**—It is astonishing how many people suffer from weak chests; it is more astonishing how they settle down to the conviction that weak chests are incurable. This is not the case, as many thousands of users of our Chest Herbs have testified.

We urge our readers to deal with any chest trouble at the very beginning and thus prevent serious trouble developing. If a child or adult takes cold easily, or is subject to a persistent cough, immediate recourse should be made to our Chest Herbs. We have no hesitation in saying that if our advice is followed, thousands of lives will be saved. Consumption, for instance, often develops from a neglected cold. When once this dread disease gets a hold, we cannot undertake to deal with it. The patient should at once seek medical advice and sanatorium benefit. This is honest advice; and though we might, perhaps, sell some packets of Herbs for the purpose of dealing with this complaint, with the knowledge that some benefit would accrue, yet we cannot undertake the responsibility of recommending them to a consumptive.

The finest preventive of Consumption is to wipe out the minor troubles from which it so often develops; and for this our Chest Herbs will prove invaluable.

*Per package,* **1/6** *post free*

## 129. H. & H. CHEST PILL

*Per box of* 50, **1/3** *post free* *Per box of* 150, **3/–** *post free*

## 156. H. & H. MUS-GAR OINTMENT

A very great help used in conjunction with our Chest Herbs No. 18 or the Cough Herbs No. 21 (page 22). Or may be used alone.

All those who suffer from any form of Nasal Catarrh, Asthma, Bronchitis, Whooping Cough, or other respiratory complaints, should keep a tin constantly by them.

Among its components are the essentials of mustard, garlic, and peppermint. After fomenting well with hot water rub the chest lightly with the Ointment, and then cover the chest with a flannel. It will act as a stimulant to the skin, inducing the follicles to cast out impurities rapidly. The value of this ointment is that the body heat vaporizes the essential oils, and the air breathed is filled with their restorative virtues for the air passages and lungs.

It has a remarkable effect on a hacking cough. Those afflicted in this way are continually disturbed in their rest by an irritated throat, which causes violent coughing. When our ointment is rubbed on the chest, in a few minutes the cough ceases entirely, and the sufferer enjoys a normal night's repose. It is especially useful for children.

*Per tin,* **1/3** *and* **3/–** *post free*

*The larger tin contains 3 times the quantity of the smaller size*

**270. "FIVE BARKS" CHEST AND LUNG JUBES.** For old and young. Always carry some with you in Winter.

*Per ½-lb.,* **10d.** *post free*

**299. PINE TREE LOZENGES.** Contain pectoral and pulmonic Herbal medicines. Highly ozonized.

*Per tin,* **8d.** *post free*

**ASTHMA AND BRONCHIAL CATARRH.**—Your Chest Herbs have been a godsend to me this Winter. I have suffered from Asthma and Bronchial Catarrh for thirty-six years. I always take the best advantage of the Summer months to prepare myself for the Winter. I usually keep fairly fit till after Xmas, but January and February play havoc with me. This year, however, I commenced with bad Catarrh, but the packet of your Chest Herbs No. 18 worked wonders.—J.P.—13091.

# CHILBLAINS

### 148. H. & H. OINTMENT FOR CHILBLAINS

The pain and irritation from inflamed conditions of the skin of hands, feet, ears and other parts due to chilblains are well known. By using the Ointment the circulation is stimulated into healthy activity with the result that the cause of the trouble—defective circulation—is removed, and the chilblains disappear. Our Tonic Herbs No. 15 will assist in restoring healthy and normal circulation.

*Per box,* 1/3 *and* 3/- *post free*

*The larger box contains* 3 *times the quantity of the smaller size*

**No. 15. H. & H. Tonic Herbs,** page 26.

# COLDS AND COUGHS

### 21. H. & H. COUGH HERBS

**Beneficial in all cases of Cold, Hoarseness, Asthma, Bronchitis and all Troubles of the Chest and Throat**

In dealing with all forms of Colds, *prompt measures* are absolutely necessary if the complaint is to be arrested before the whole system falls a prey to its devitalizing influence. The Herbs or mixture should be *at hand* ready to be administered at the very first sign of trouble. There is certainly no better or more natural treatment than these old-fashioned Herbs; the above mixture contains eight Herbs, two of which, Horehound and Hyssop, are to be found in many gardens. If placed in a dry cupboard, these Cough Herbs will retain their potency for any length of time.

*Per package,* 1/6 *post free*

### 130. H. & H. COUGH PILL

*Per box of* 50, 1/3 *post free* *Per box of* 150, 3/- *post free*

### 22. H. & H. INFLUENZA HERBS

**Invaluable in cases of Feverish Colds, Chills and long-continued Colds**

This mixture has proved invaluable in warding off the ill-effects of chills and in arresting even long-standing colds. A packet should be kept in the house ready to be prepared at the first signs of Influenza or a feverish cold, as it is in the early stages that these should be eliminated. This mixture is very effective, but so harmless that it can be given to adults and children alike with the most beneficial results. Follow the directions on the packet carefully.

*Per package,* 1/6 *post free*

### 217. H. & H. BALM OF GILEAD THROAT AND LUNG MIXTURE

A splendid cough syrup for adults and children. The chief ingredient is the essence of the Canadian Balsam—and so soothing is this to inflamed throats that it is considered—as its name implies—a veritable "Balm of Gilead." The mixture warms and nourishes the chest and forms an excellent Winter medicine.

*Per bottle,* **1/2** *and* **2/-** *post free*

**293. PASTILLES, BALM OF GILEAD.** As above, in convenient and portable form. *Per package,* **1/3** *post free*

**228. CAMPHOR ICE.** This is an excellent cream for the chest in the case of a bad cold, and for chapped and rough conditions of the skin.

*Per jar,* **9d.** *post free*

**230. CAMPHORATED OIL.** Consisting of pure Olive Oil as its foundation, strongly impregnated with Camphor. An excellent oil to use for severe colds.

*Per bottle,* **9d.** *and* **1/3,** *each post free*

**237. COMPOSITION ESSENCE.** Makes a thoroughly warming and palatable drink. Should be taken by both children and adults as a chill preventive whenever the body feels cold or when venturing out into the cold atmosphere or changeable weather. It is composed of the essence of five "warming" Herbs—above all, that of Bayberry, one of Nature's greatest botanic gifts. A most stimulating (non-alcoholic) wine can be made from this essence by the addition of hot water and sugar—very attractive and very warming. Fortified by this, no one need fear the coldest air. *Per bottle,* **9d., 1/4** *and* **2/3** *post free*

**238. COMPOSITION DROPS.** The same as No. 237, in the form of a sweetmeat, suitable for carrying in the pocket.

*Per oz.,* **4d.** *and per ¼-lb.,* **1/3,** *each post free*

**239. COMPOSITION POWDER.** The same as No. 237, in a form suitable for the store cupboard. Will keep almost indefinitely. The warming drink is made by adding boiling water, and straining. Directions on each packet. *Per package,* **1/-** *post free*

**268. EUCALYPTUS OIL.** Extracted from the famous blue gum tree of Australia. An extra superior quality.

*Per bottle,* **6d.** *and* **10d.,** *each post free*

**1,000. H. & H. HANDKERCHIEFS (Hygienic Crepe Paper).** A great boon to those troubled with Catarrh, Hay Fever, Influenza and Feverish Colds which necessitate the frequent use of fresh, clean handkerchiefs. Impregnated with antiseptics, they are preferable to ordinary paper handkerchiefs. Being soluble they can be put down a drain without danger of blocking it up.

*Per box containing 25 handkerchiefs,* **1/6** *post free*

**156. H. & H. MUS-GAR OINTMENT,** page 21.

**235. CHILLIE OINTMENT.** A useful Ointment to keep at hand during Winter months. *Per tube,* **1/-** *post free*

**290. H. & H. COUGH PASTILLES.** Most useful in cases of Coughs, Colds, Catarrh, Hoarseness, and all allied complaints. They not only clear the air passages of extraneous matter, but communicate a glow and feeling of comfort to the inflamed membranes. They are a great boon to teachers, speakers, singers, actors, and all those who have to use their voices constantly. They are packed in neat boxes to carry about.

*Per box,* **1/3** *post free*

**302. RASPBERRY VINEGAR.** Made from the finest fresh fruit; it is in frequent demand by those suffering from colds or sore throat, on which it has a beneficial effect.

*Per bottle,* **1/-** *and* **1/6** *post free*

**319. SNUFF (Herbal).** A pinch of this snuff clears the air passages. It has a germicide effect and will ward off disease.

*Per box,* **4d.** *post free*

## COLIC

**107. H. & H. Slippery Elm Food,** page 52.
**107a. H. & H. Selmo Biscuits,** page 52.

## COLITIS

**19. H. & H. Blood Purifying Herbs,** page **16.**
**107. H. & H. Slippery Elm Food,** page 52.
**107a. H. & H. Selmo Biscuits,** page 52.

## CONSTIPATION

**Causes.**—Lack of understanding of the vital necessity of regular action of the bowels—lack of exercise—too much starchy food—too concentrated a food which leaves insufficient residue to promote the muscular movement of the intestines for the expulsion of waste matter—a natural weakness of the muscles of the alimentary canal.

**Results.**—General feeling of depression and disinclination for effort of any kind—headaches—unhealthy complexion—coated tongue, offensive breath—and in severe cases, inflammation of the bowels which may cause serious illness.

**Prevention.**—Sufferers should persist in daily exercises such as massage of the stomach and movements involving the use of the muscles of the stomach. The following foods have a natural laxative effect: wholemeal bread, suet puddings, fresh fruit, green vegetables, dried fruits such as figs, dates, prunes and raisins. These should especially be included in the diet of children.

**Constipation is a Bad Habit,** and it is a duty of paramount importance that parents should train their children to the good habit of relieving the bowels regularly.

## 3. H. & H. CONSTIPATION HERBS

Herbs are Nature's own method and no one need suffer who takes this mixture according to our instructions. Drugs relieve the condition but do not cure, and if persisted in must be used in ever-increasing doses to be effective. Our simple, natural remedy will restore the functions of the body to a healthy condition, and the unpleasant results of constipation need never be feared.

*Per package,* **1/6** *post free*

## 112. H. & H. CONSTIPATION PILL

A valuable Herbal Pill for this common complaint.

*Per box of* 50, **1/3** *post free* *Per box of* 150, **3/-** *post free*

**T3. "FENNEL" or STOMACHIC TISANE.** A pleasant tea to take, and is particularly suited to those with a tendency to Constipation and other stomach disorders. Is not an aperient tea, but does assist the body to function correctly. It is a Tisane that can be taken freely and continuously, with benefit and enjoyment.

*Per package,* **2/6** *post free*

**3a. H. & H. HEATHERCLEAN.** There are many people who, although they do not actually suffer from Constipation, are not so regular in their bowel action as good health demands. The result is incomplete internal cleansing. The toxins in the system remain uncleared. We recommend this mixture of Herbs as an aid to complete internal cleansing. No preparation whatever is necessary; half to one teaspoonful of the Herbs is simply taken, in water, daily. *For Children.*—A daily dose of Heatherclean ensures a bright and happy child, less liable to epidemics and disease.

*Per carton,* **1/6** *post free*

**232. CASTOR OIL.** Tasteless and of the highest quality.

*Per bottle,* **6d.** *and* **1/-**
3d. *extra for postage, if ordered alone*

**279a. LAXATIVE CHOCOLATES.** Intended for use by those who cannot take Pills or Herb Mixture. A very pleasant sweetmeat.

3 *for* **8d.,** *post free* 12 *for* **2/6,** *post free*

**303. RHUBARB POWDER.** Finest Turkey.

3 *packets,* **7d.** *post free*

**329. H. & H. LIVE NATURAL GRAPE JUICE,** page 60.

**CONSTIPATION.**—Having been troubled with Constipation all my life and having tried various remedies I find your Pills really splendid. They are very good and keep me regular without a lot of pain which I have had with other things I have tried.—M.P.—13035.

**CONSTIPATION.**—Will you kindly send me a box (1/3 size) of Constipation Pills. My son is most grateful to you for the benefit he has derived from taking these. They seem to have completely cured his threatened Appendicitis.—E.P.—13010.

# CORNS

## 106. H. & H. CORN OINTMENT

Sufferers from unsightly and painful corns and warts are recommended to use this ointment. It is very effective indeed. If used for three or four nights in succession, rubbing a little on each corn or wart and protecting it from being rubbed off during the night by wearing either a linen or similar bandage, the growths should ultimately disappear. We continually receive splendid reports as to the efficacy of this Ointment which we believe to be the most effective on the market.

*Per box*, **1/3** *post free*

**CORNS.**—I am sending for a tin of your wonderful Corn Cure for a friend of mine, as I told her about it curing my corn. I got a tin along with some more Herbs about ten days ago, and it has taken it right away. I am now able to wear my shoes, and walk in comfort.—B.—13029.

# CRAMP

## 211. ANTI-SPASMODIC DROPS

These should be taken immediately in cases of spasmodic affections, Cramp, Convulsions, etc., and should, therefore, be kept at hand. They are also of great service in cases of Neuralgia, and a reliable pain-killer.

*Per bottle*, **1/3** *post free*

# DEBILITY

## 15. H. & H. TONIC HERBS

Every man and woman is, at times, "in need of a good tonic." What constitutes a good tonic has had our particular care ; for a tonic should do more than stimulate the system—only to let it down afterwards. A stimulant may serve a temporary purpose, but there is the danger of the taker finding his or her vitality lower than before, when the effects have worn off. Our Tonic Herbs are designed to build up the system to a state of vigour that will remain. Nowhere is the unharmful effect of Herbs better illustrated than in this outstanding mixture—it repairs the structure, which remains stronger than before.

The mixture is also recommended to those suffering from such specific complaints as Catarrh, Chilblains, Palpitation, Shingles, etc.

*Per package*, **1/6** *post free*

## 124. H. & H. TONIC PILL

*Per box of* 50, **1/3** *post free* *Per box of* 150, **3/-** *post free*

### 4a. H. & H. VI-TABLETS

The vital forces of mankind are subject to rises and falls, especially in this age of rush. Excitement, worry, overwork, all bring about a weariness of the nervous system, and this reacts on every part of the body. The outlook on life of those suffering in this way is anything but bright. These Tablets very speedily restore all the vital forces. They are especially useful to middle-aged and elderly men and women.

*Per box,* **2/6** *post free*

*Larger size, containing* 3 *times the quantity,* 5/– *post free*

**108. H. & H. YEASTABLETS.** Investigations by the Vitamin Department of the Ministry of Health have resulted in the discovery that the yeast plant is the most prolific in the varieties of vitamins necessary to health. A most convincing report by those devoting their whole time to the study of these active and necessary adjuncts to foods has been issued, and the conclusion arrived at can only be that many of the ailments of mankind are due to malnutrition owing to the paucity of vitamins, and that the best counter to this impoverishment is the taking of yeast in some form or other. These tablets will be found of benefit in all those innumerable depressing complaints which arise from malnutrition—a far more common root-cause of disease than most people imagine. They act directly on the food, giving it just the principles which make it ready for transformation into physical and mental vigour. The tablets will indeed be found to be of the greatest use to those who are debilitated, either physically or mentally, through long existing complaints.

*Per bottle of* 50, **1/3** *post free and* 150, **3/–** *post free*

**330a. Kola-Nut Wine,** page 60.

**329. H. & H. Live Natural Grape Juice,** page 60.

## DIABETES

### 25. H. & H. HERBS FOR DIABETES

This terrible complaint, which is far more common than most people suppose, can be treated effectively in its early stages. When, however, it has existed for a considerable time, its eradication becomes difficult, and if left for a very long period, the disease becomes chronic.

The Herbs offered in this packet will be found invaluable for Diabetes in its early stages. When the disease develops in old age or has become firmly established, a cure is very difficult, and indeed often unattainable. Even then, it can be very greatly alleviated. It is necessary that the patient should pay great attention to diet. We send a system of diet which must be rigidly adhered to, this being essential when taking the Herbs.

*Per package,* **2/6** *post free*

### 134. H. & H. DIABETES PILL

*Per box of* 40, **1/3** *post free* *Per box of* 120, **3/–** *post free*

# EARACHE

## 256. EAR DROPS

These contain Herbal sedatives, and give great relief to those suffering from Earache.

*Per bottle,* **1/3** *post free*

# ECZEMA AND PSORIASIS

"I am subject to Eczema . . ." the phrase is all too common. But in our opinion, no one should be subject to Eczema, and few to Psoriasis. If these complaints are attacked in their early stages, there is no doubt whatever that a quick restoration to normal can be achieved. The longer either has existed, the longer it will take to eradicate—and although Psoriasis does not always respond to treatment, Eczema almost invariably does. Our way of dealing with the trouble is simple. We recommend a course of Blood Purifying Herbs and at the same time the application of our Ointments. We have many reports that cases which have been treated by other methods for years without results, have yielded successfully to our treatment.

## 142. H. & H. ECZEMA OINTMENT

This destroys the germs causing the disease, and afterwards heals and restores to perfect health the injured skin and tissues.

## 149. H. & H. PSORIASIS OINTMENT

Sufferers are recommended to use this Ointment and see that the blood streams are kept healthy, when there is every possibility that the parts affected will be restored to a normal condition. We owe the composition of this special Ointment to information given us by one of our customers. It has been a very great success, and has done much to alleviate this complaint.

*Each of the above, per box,* **1/3** *and* **3/-** *post free*

*The larger size contains 3 times the quantity of the smaller size*

## 19. H. & H. BLOOD PURIFYING HERBS, page 16.

## 517a. ECZEMA SOAP

We advise the use of this in conjunction with our treatment for Eczema and Psoriasis.

1 *tablet,* **9d.**; 2 *tablets,* **1/5**; 3 *tablets,* **2/-**; 4 *tablets,* **2/6**
*All post free*

**ECZEMA.**—I feel it is my duty to write and thank you for the treatment you sent down to my wife. It has worked wonders with her. I can hardly realize it myself as she is absolutely cured, and I cannot speak too highly of your Blood Purifying Herbs and Eczema Ointment she has been using and taking. She was under the hospital treatment for several months before I wrote you.—F.D.—13048.

# EYE TROUBLES

The care of the eyes is most important and good sight is so very valuable. Affections of these very delicate organs should never be neglected or left to "right themselves."

### 23. H. & H. EYE LOTION HERBS

This mixture of Herbs is easily made into an effective lotion for the treatment of sore, inflammatory and irritated conditions of the eyes. On account of its soothing and healing properties, its daily use quickly gives relief.

*Per package*, **1/6** *post free*

**EYE LOTION HERBS.**—I have the greatest of pleasure in telling you of the good your Herbs have done for my eyes. I have been under hospital treatment for months, and nothing they gave me has ever done anything like your Herbs. I have only had the acute pain twice since I started to use them. I am more than thankful to you for them. I have given some to a friend and they are doing the same for her, and she will be sending for some. I may say I shall always recommend the Herbs to all I know. —N.S.—13045.

### 24. H. & H. EYEBRIGHT COMPOUND

This is a combination of Eyebright, Golden Seal and other Herbs which are of the greatest value in dealing with cases of Ophthalmic Conjunctivitis, and all forms of weakness of the eyes. It is made with the utmost care, only the highest quality of Herbs being used, and is undoubtedly a most effective eye lotion.

*Per bottle*, **1/3**, *postage* 3d. *extra if ordered alone*

24a. **EYE BATHS** for using the same. **6d.** *each, post free.*

# FITS

### 27a. H. & H. HERBS FOR FITS OF ALL KINDS

There are various forms of Fits and most are exceedingly difficult to eradicate. We offer this mixture of Herbs believing that it will give the greatest relief from Fits of all kinds. The general health must always be attended to, since the diminution in the number and severity of the seizures is so often dependent upon this. Sufferers can try this mixture of Herbs with every confidence.

*Per package*, **2/6** *post free*

### 141a. H. & H. PILLS FOR FITS

*Per box of* 50, **1/3** *post free* *Per box of* 150, **3/-** *post free*

# FLATULENCE

### 2. H. & H. INDIGESTION HERBS, page 33.

**294. PEPPERMINT LOZENGES.** Concentrated and of highest quality. Stomachic and digestive, and of great relief to those who suffer from Flatulence.

*Per box*, **8d.** *post free*

# FOOT TROUBLES

### 105a. H. & H. FOOT DUSTING POWDER

To those who suffer from the discomforts of perspiring feet we strongly recommend this powder. The preparation, whilst not herbal, is very effective and antiseptic. It is a quick and safe corrective for overheated and tender feet and acts as a deodorant.

*Per package, **1**/– post free*

**106. H. & H. Corn Ointment,** page 26.

# GALL STONES

**7. H. & H. Liver Herbs,** page 36.

# GASTRITIS

**19. H. & H. Blood Purifying Herbs,** page 16.
**107. H. & H. Slippery Elm Food,** page 52.
**107a. H. & H. Selmo Biscuits,** page 52.

# GATHERINGS

**143. H. & H. Antiseptic Ointment,** page 49.
**19. H. & H. Blood Purifying Herbs,** page 16.

# GOITRE

### 8. H. & H. HERBS FOR GOITRE

This is a mixture of Herbs which is very useful for dealing with Goitre (commonly called "Derbyshire Neck") and for enlarged glands generally. The treatment requires patience and perseverance, and the complaint is undoubtedly best dealt with in its early stages, when it will more readily respond. Our Sassafras Oil should be used in conjunction with the Herbs. Taken in hand at its inception we are confident that with this combined treatment Goitre can be eliminated.

*Per package, **2**/**6** post free*

### 141. H. & H. GOITRE PILL

*Per box of* 50, **1**/**3** *post free* *Per box of* 150, **3**/– *post free*

### 309. H. & H. SASSAFRAS OIL

This is of the finest quality and should be used for Goitre by applying a few drops gently with the finger tips to the affected part each night.

*Per bottle, **1**/– post free*

# GOUT

**14. H. & H. Herbs for Rheumatism,** page 42.
**147. H. & H. Rheumatism Ointment,** page 43.

# GRAVEL

**11. H. & H. Backache & Kidney Herbs,** page 35.

# HAIR TROUBLES

The hair gets "run-down" as easily as the body; and this, unless carefully attended to, leads to equally disastrous results. To carry the simile further—it leads to dullness and depression, loss of colour and vitality, falling away and finally premature decay—which is baldness.

The hair receives its nourishment from the roots within the scalp and the glands at the base of the roots. Nothing applied to the hair alone can restore its health. Our Hair Tonic treatment consists of shampooing the hair and massaging the scalp with the liquid made from the Herbs, which not only cleanses thoroughly and stimulates activity, but also supplies the necessary vitality-producing elements.

So successful is this tonic, that among our reports are many from high-class hairdressers attesting to its fine results.

## 38. H. & H. HAIR TONIC HERBS or HERBAL SHAMPOO

A combination of Herbs which invigorates and beautifies the hair, giving lustre which cannot be produced by any other means. The hair is not only strengthened and made healthy, preventing end-splitting and falling out, but in many cases new growth is produced.

**Important to Women.**—No rinsing is required after using this shampoo.

*Per package,* **1/6** *post free*

**HAIR TONIC.**—I take pleasure in writing to you to let you know that the Hair Tonic you sent for my son's hair has been a great success. The bald patches are all away, and the hair has grown in so nice and thick. Many thanks for sending such a wonderful Hair restorer.—I.F.—13004.

**210. H. & H. Hair Nourishment,** page 71.

**266. H. & H. Extract of Rosemary,** page 71.

Other preparations for the hair will be found in **Section Six.**

# HAY FEVER

**278. H. & H. Inhalant (Pine),** page 20.

# HEADACHE

Sufferers from constant or frequent headaches should investigate and if possible remedy the cause. But for immediate relief we most strongly recommend our Headache and Neuralgia Powders. Their effect is so sure, and they are so free from any depressing after-effects, that they should be kept handy in every household. The demand for these is enormous, and we do not hesitate to say that there is nothing more satisfactory sold.

**275. H. & H. HEADACHE & NEURALGIA POWDERS**

3 *powders for* **5d.** 6 *powders for* **9d.**
12 *powders for* **1/3**, *all post free*

**M287. MENTHOL CONES.** These are composed of the essential principle of Peppermint in crystallized and solidified form. Encased in box-wood.

*Each* **1/-** *post free*

**C313. SOLIDIFIED COLOGNE.** This is a form of Eau-de-Cologne which will be found to be very useful to those who suffer, as many people do, from occasional headaches. A little rubbed on the forehead will have an instantly cooling and soothing effect.

*Per tube,* **1/-** *post free*

**77. H. & H. (POT POURRI) SMELLING SALTS.** In flat screw-stoppered bottles suitable for the handbag.

*Per bottle,* **9d.** *Postage* 2d. *extra if ordered alone*

**6. H. & H. STOMACH & LIVER HERBS,** page 45.
**10. H. & H. NEURAL HERBS,** page 39.

# INDIGESTION

A health expert has stated that ninety-five per cent. of the adult population are afflicted with indigestion. It is a complaint which shows itself in such a variety of ways that many people think they are suffering from some quite different illness. Pain may be felt around the heart and in other parts of the body remote from the digestive organs, and the ordinary individual would never suspect the real cause. Many nervous disorders are the result of Indigestion.

The most easily recognised symptoms are—a bad taste in the mouth, particularly on waking; a feeling of oppression after meals; headaches, dimness of vision, flatulence; heartburn; palpitation; gripes; and vomiting.

Special care should be taken with diet. New bread, also highly seasoned and fried foods should not be eaten. The daily menu should include raw fruit and vegetables. Sufferers should avoid all foods which they know from their own experience disagree with them.

### 2. H. & H. INDIGESTION HERBS

Our Herbs should be taken carefully, according to the directions which are given on the packet, and used systematically until the complaint has been eradicated. Reports received from our customers testify that they are little short of marvellous. In a family of any size, Indigestion is sure to occur, and it is advisable to have the remedy at hand.

*Per package,* **1/6** *post free*

### 111. H. & H. INDIGESTION PILL

*Per box of* 50, **1/3** *post free*     *Per box of* 150, **3/–** *post free*

**T2. "MINT" or DIGESTIVE TISANE.** Many who are subject to Indigestion cannot take ordinary tea, and will be glad to know that here is an excellent and pleasing substitute. It is especially suited to those undergoing a course of our Indigestion Herbs, and once this complaint is eradicated this Tisane should be a great help in warding off further attacks.

*Per package,* **2/6** *post free*

## INFLUENZA

**with which are associated Feverish Colds, Chills and Persistent Colds**

The symptoms of Influenza are too well-known to need description, although the complaint varies slightly in form from year to year. The chief danger lies in the high temperature, which invariably accompanies an attack, and makes it imperative that the sufferer should remain in an even temperature, preferably in bed, until the fever abates. Influenza usually responds to the following treatment. Light food, plenty of fruit such as oranges, lemons and grape-fruit, attention to the bowels, and immediate recourse to medicine made from—

### 22. H. & H. INFLUENZA HERBS

Never neglect Influenza, or it may lead to other and more serious illnesses. The same applies to the heavy colds which are very prevalent during the Winter. It is wise to keep a supply of H. & H. Influenza Herbs always in the house, ready for use when required.

This is a very wonderful mixture in which seven different Herbs and Roots are compounded. Infused and taken as directed, it is remarkably effective in all cases of Influenza, Feverish Colds, Chills, etc. It reduces the fever, relieves the headache and clears away all the other disagreeable symptoms in a very short time.

*Per package,* **1/6** *post free*

### 131. H. & H. INFLUENZA PILL

*Per box of* 50, **1/3** *post free*     *Per box of* 150, **3/–** *post free*

**Resistance** to Influenza can best be secured by the regular taking of Health Herbs No. 1 (page 9).

If, in the absence of this, Influenza has been contracted, the treatment should be followed by a course of Tonic Herbs, to rebuild the system and eliminate the danger of after-effects.

**15. H. & H. Tonic Herbs,** page 26.

# INSECT BITES AND STINGS

### 287. MIDGE BITE LOTION

Allays the irritation following the bites from mosquitoes, midges, etc. If immediately applied, prevents all unpleasant consequences.

*Per bottle,* **1/1** *post free*

**146. H. & H. HEALING OINTMENT,** page 18.

# INSOMNIA

Insomnia is probably one of the worst of human afflictions. Only those who have experienced a long succession of sleepless nights can appreciate to the full the wearing, nerve-racked condition it engenders. The real cause of Insomnia is disordered nerves, and it is wise for anyone so afflicted to take our Insomnia Herbs at night and a course of our Nerve Herbs during the day.

### 27. H. & H. INSOMNIA HERBS

**For encouraging calm, peaceful sleep, healthfully and harmlessly, to sufferers from Insomnia.**

These Herbs must not be confused with the "sleeping draught" composed of drugs. Doctors discourage the taking of drugs, as in most cases the treatment is worse than the disease.

The Herbs we offer are in no sense dopes; their principal constituent is the Lady's Slipper Orchid. They are sedatives for the nerves and brain, which soothe and calm them, ensuring a natural sleep and a refreshed and invigorated body on awakening.

*Per package,* **2/6** *post free*

### 135. H. & H. INSOMNIA PILL

*Per box of* 30, **1/3** *post free*     *Per box of* 90, **3/-** *post free*

**T9. "LIME-FLOWER" or INSOMNIA TISANE.** A very pleasing Tisane—and in contrast to most daily beverages, is soothing instead of stimulating to the nervous system. It is of benefit when taken at any time during the day—and a cup last thing at night is of gentle aid to good sleeping. A valuable aid to those undergoing a course of our Nerve, Neural or Insomnia Herbs.

*Per package,* **2/6** *post free*

**26. H. & H. HERB PILLOW.** This pillow has been prepared for the purpose of helping those who are afflicted with Insomnia. It is specially filled with aromatic and fragrant Herbs, which will help to ensure a good night's rest without any bad after-effects; the Herbs act as soothers of the nerves and not as a drug.

*Price* **10/6** *post free*

**9. H. & H. NERVE HERBS,** page 38.

# INTEMPERANCE

On very many occasions we have received applications to help those afflicted with the drink or drug habit. Having carefully investigated the matter we do not believe that it is possible to remedy these evils without the knowledge of the victim, but rather that the victim must co-operate in the treatment.

We have formulated a tablet which will, if properly and regularly used, be a sure help.

### 109. H. & H. TABLETS

**Help for the Drug, Drink or Tobacco Victim**

Our treatment is built on sound, scientific lines. The Tablets are harmless, however many are used. They create a distaste for the vicious agents, and have a beneficial effect on the stomach and kidneys, which in such cases are invariably disordered. They contain a tonic which builds up the debilitated nervous system, and ultimately gives strength to exercise the will power so necessary in putting up a strong fight against these evils.

*Per bottle,* 5/- *post free*

**Note.**—Those who suffer from the above afflictions are naturally sensitive. We, therefore, pack these tablets in bottles which fit the waistcoat pocket, and there is no indication whatever as to their intended purpose.

# KIDNEY AND BLADDER DISORDERS

### 11. H. & H. BACKACHE & KIDNEY HERBS

This is a Herbal blend which sufferers from Kidney, Bladder and Urinary disorders (including Gravel or Stone), may rely upon to induce a healthy working condition of these organs. Its regular use should be the means of eliminating many poisonous irritant matters which are productive of ill-health. When the kidneys cease to perform their functions through any cause, the whole system is in immediate danger, and becomes an easy prey to disease. Neglect is not only dangerous, but in many cases fatal. Fortunately, Herbs have been proved to excel all other remedies in correcting the trouble in an efficacious and perfectly safe manner.

*Per package,* 1/6 *post free*

### 120. H. & H. BACKACHE & KIDNEY PILL

These are among our most popular pills.

*Per box of* 50, 1/3 *post free* *Per box of* 150, 3/- *post free*

### 12. H. & H. HERBS FOR INCONTINENCE OF URINE

Incontinence of Urine is a complaint which afflicts many of all ages and both sexes, and is specially prevalent among children up to 14 years of age. Elderly people are frequently troubled in this way. The complaint sometimes arises from an inherent weakness of the nervous system, which induces lack of control of the bladder and urinary ducts. The Herbs which we here offer are calculated to correct this weakness and restore strength to the parts in which it is lacking.

*Per package,* **2/6** *post free*

### 12a. H. & H. INCONTINENCE OF URINE TABLETS

*Per box,* **2/6** *post free*

## LEUCORRHŒA

**280a. H. & H. LEUCORRHŒA MIXTURE.** In mild cases this mixture may be used alone with successful results. In severe cases, we recommend 280b in conjunction.

*Per bottle,* **3/-** *post free*

**280b. H. & H. LEUCORRHŒA PASTE.** An excellent remedy for the treatment of Leucorrhœa. The paste is dissolved in warm water, and may be used either as an injection alone or in conjunction with our Leucorrhœa Mixture. Packed in grease-proof containers.

*Per box,* **1/3** *and* **2/6**, *each post free*

## LIVER DISORDERS

### 7. H. & H. LIVER HERBS

It is imperative to adopt corrective measures immediately the liver is found to be out of order. The Liver is one of the vital organs of the body. It exercises an important effect directly on the digestive organs, and, indirectly, on the physical strength and nervous vitality of the whole system. A slight derangement induces dulness of intellect, lack of energy and a general feeling of drowsiness, vertigo and disinclination for effort, which are experienced by many people without any knowledge of the cause. Left alone, it may develop into Yellow Jaundice, with its prostrating effects, the most persistent, unsightly and often fatal Black Jaundice, or the terrible Cirrhosis. We offer a selection of Herbs remarkable for their action directly on the Liver. Experience has proved them to be the best treatment for toning up and stimulating this most important organ; and those who use them will very soon experience a clearness of mind, a vivacity of mental

Herbs compacted into pills bring protection during your working day

Herbs bring ease and comfort to your fireside powers and an energetic stimulation of physical strength instead of the depression and enervation engendered by liver disorders. These Herbs have proved of great value to sufferers from gall stones.

*Per package,* **1/6** *post free*

### 117. H. & H. LIVER PILL

This is particularly suitable for those living sedentary lives.

*Per box of* 50, **1/3** *post free* *Per box of* 150, **3/-** *post free*

## LUMBAGO

**14. H. & H. Herbs for Rheumatism,** page 42 and **120. H. & H. Backache and Kidney Pill** (page 35), on retiring.

## MIDDLE AGE

### 201. CHLOROPHYLL TABLETS

Chlorophyll Tablets are particularly valuable to persons of middle age with lowered vitality, and to those who wish to ward off premature old age. Their rejuvenating effect is ascribed to the property Chlorophyll has of absorbing the active rays of sunlight and also to the iron associated with its production.

When the tablets are swallowed they disintegrate in the stomach, and give to the blood the life-giving properties derived from the sunlight.

Chlorophyll, to which the green colour of all plants is due, is of paramount importance in the natural functions of growth in plants. It can only be produced in sunlight, and its chief work is to trap certain rays of sunlight to be utilized by plants.

An important factor in its production is that iron salts must be present in the soil in which the plant grows.

Recent scientific research has produced strong evidence that Chlorophyll is chemically very similar to certain constituents of the blood.

In fact, these tablets may truly be called "Compressed Sunshine."

40 *for* **1/3** *post free* 100 *for* **3/-** *post free*

**1. H. & H. Health Herbs,** page 9.

**MIDDLE AGE.**—To many men and women who have passed their fortieth year, it is a source of justifiable pride that they neither look nor feel their age ; but they should realize—however reluctantly—that they cannot work, or play, with the same vigour as formerly. Less strenuous forms of exercise must be followed, but the muscles must not be allowed to become flabby nor the body spread. It is easier for a man than for a woman—for her, not only is there a slackening of physical activity, but there is often an actual suffering to cause anxiety. In many cases this can quite easily be relieved, and only a Doctor can tell if the symptoms are trivial, or point to some serious functional trouble.

From letters we receive from women, we know that our Herbs have given great relief in what would have proved a distressing period, and we confidently recommend to you our Health Herbs No. 1.

The important thing at this time of life is not to brood over the changes that are taking place, but to cultivate a calm outlook—observe moderation in everything you do—take frequent rests—avoid constipation—exercise daily—avoid strong stimulants.

There is a great consolation in the fact that it is only a passing phase, and like countless others, you can weather the same storm successfully.

# THE NERVES

Owing to the high pressure at which most people now live, increase of speed and noise, and modern conditions generally, Nerve Trouble has become one of the most serious health questions of the day.

The most frequent effects of nerve strain are Sleeplessness, Irritability and Depression, which, in addition to causing the victim much suffering, tend to have undesirable and often disastrous influences on home and business life.

If you feel that your nerves are on edge, if you have the slightest indication that your nerves are wrong, deal with the matter yourself, at once, on the simple lines we suggest.

All those whose work entails daily travelling on trains, 'buses, tubes, etc., and all car and lorry drivers, should counteract the nerve-strain by regularly taking Herbs No. 9 or Pills No. 118. They form the finest protection possible to the shattering effects of modern travelling.

## 9. H. & H. NERVE HERBS

This Herbal Blend is a fine Nerve Tonic, and more than that, an excellent Nerve Food. If taken as directed, immediate improvement will be felt ; taken regularly the nervous trouble will entirely disappear.

*Per package,* **2/6** *post free*

## 118. H. & H. NERVE PILL

*Per box of* 50, **1/3** *post free* *Per box of* 150, **3/-** *post free*

**T9. "LIME-FLOWER" or INSOMNIA TISANE.** A pleasing daily beverage, soothing to the nervous system and of gentle aid to good sleeping. A valuable aid to those undergoing a course of our Nerve, Neural or Insomnia Herbs. Prepared like ordinary tea.

*Per package,* **2/6** *post free*

**NERVE HERBS.**—I am writing to let you know that the Herbs I have had from you have done me the world of good. I have spent pounds on patent medicines that never did me any good. About three months ago my husband's brother told me about your Herbs and I sent for them. I have been taking them ever since and now I am a new woman—never troubled with nerves.—J.D.—13087

# NETTLE RASH

**19. H. & H. Blood Purifying Herbs,** page 16.

# NEURALGIA

**Toothache, Tic Douloureux, Nervous Headache and all acute Nerve Pains are included under this heading**

### 10. H. & H. NEURAL HERBS

Neuralgia—which is, of course, due to disordered nerves—often causes maddening pain and sleepless nights, both of which can be avoided if only the trouble is taken in hand at the first sign of its appearance. This potent mixture is compounded of Herbs specially selected for their efficacy in soothing the nerves and alleviating acute nerve pains.

*Per package,* **1/6** *post free*

### 119. H. & H. NEURAL PILL

There is no better Pill for relieving the above complaints.

*Per box of* 50, **1/3** *post free* *Per box of* 150, **3/–** *post free*

**275. H. & H. HEADACHE & NEURALGIA POWDERS.** Strongly recommended for the immediate relief of Headaches and Neuralgia. Their effect is so sure, and they are so free from any depressing after-effects, that they should be kept handy in every household.

3 *powders for* **5d.** 6 *powders for* **9d.**
12 *powders for* **1/3,** *all post free*

# NEURASTHENIA

**9. H. & H. Nerve Herbs,** page 38.

**NERVE HERBS.**—Thanks very much for Herbs which have cured me of Neurasthenia after being very ill for six months. Cannot speak too highly of them.—M.B.—13050.

# NEURITIS

This is inflammation of a nerve or nerves. This painful affection may follow some injury, exposure to cold, inflammation of neighbouring parts, or a number of nerves may be affected. It sometimes follows in the wake of acute fevers. It manifests itself in the symptoms of Neuralgia, and pain in the nerves. The pain is generally localized, although it may spread from the area first affected to the surrounding parts.

We recommend :

**10. H. & H. Neural Herbs,** see above.

# OBESITY

Only those who are afflicted with this disease—and excess of fat is a disease—can at all appreciate the discomfort and lack of ease attending such a condition.

**SLIMMING.**—In recent years many folk have wished to attain slimness of form. This desire is actuated by various reasons—the desire for improved health, a greater ease of movement in this age of rush and hurry, to improve the figure and appearance generally and the compelling dictates of Fashion. From whatever cause the desire to be slim may proceed, wisdom and discretion in the treatment adopted must be exercised at all times. The drastic methods of starvation and reduction of essential foods are only too well known, and can only end in disaster and a breakdown in health. Those desirous of correcting obesity and attaining a slimness of figure should only do so when the methods adopted are sound and within the realms of moderation. Slimness attained under safe and gentle conditions can, undoubtedly, be accomplished without impairment of good health—indeed, the health is actually improved.

### 29. H. & H. SLIMMING OR CORDOVA TEA

This remarkable Herbal Tea is a simple method of dealing imperceptibly and effectually with all the troubles accompanying an excess of adipose tissue.

*Per package,* **1/6** *post free*

### 136. H. & H. SLIMMING OR CORDOVA PILL

*Per box of* 50, **1/3** *post free* *Per box of* 150, **3/-** *post free*

# PALPITATION

**2. H. & H. Indigestion Herbs,** page 33.

# PILES

There are numerous causes of this distressing complaint, such as constipation, sitting on damp ground and unwise diet. A common cause is the taking of purging pills which contain mercury or injurious drugs. It is advisable and even vital that early treatment of this painful and irritating complaint should be adopted. Procrastination often results in the complaint reaching such a stage that it is only possible to deal with it by use of the most drastic measures.

Generally speaking the following are best avoided :—Alcoholic drinks, tobacco, pork, bacon, salt meat, salt fish, shell fish, tinned foods, meat extracts, cooked unripe fruit and sugar foods.

### 5. H. & H. PILE HERBS

This Herbal Blend will be found very effective treatment. While taking the Herbs, be very careful to avoid any chill to the lower extremities or to the part affected. With the packet are sent simple directions for the preparation of the Herbs, and notes on other steps to remedy this trouble.

*Per package,* **1/6** *post free*

### 113. H. & H. PILE PILL

*Per box of* 50, **1/3** *post free* *Per box of* 150, **3/–** *post free*

### 144. H. & H. PILE OINTMENT

This Herbal Ointment is the best alleviant we know for the pain and irritation attending Piles. It is very widely used and with remarkable results. Many of our customers keep a box permanently with them and use it on the slightest sign of irritation, with great success. It soothes the pain and, acting as an astringent, speedily accomplishes the reduction of the anal veins, the distension of which is the cause of the trouble. All sufferers from this complaint should use this Ointment.

*Per box,* **1/3** *post free* *Per box,* **3/–** *post free*

*Larger size contains three times the quantity of the smaller size*

**298. H. & H. PILE TREATMENT.** The treatment is put up in boxes containing Pills, one tube of Pile Ointment with screw-capped tube, together with one vulcanite Nozzle which screws on to the tube of ointment, and is then ready for use for insertion into the rectum. Full instructions for use, both as regards the pills and ointment, are contained in the box.

*Per box, complete,* **2/6** *post free*

**298a. Refill of Ointment** for **298, 1/3** *post free.*
**113. Refill of Pills** for **298, 1/3** *post free.*
**298b. New Nozzles** for **298, 6d.** *post free.*

**321. SUPPOSITORIES—PILEWORT AND WITCH HAZEL.** Of excellent service to sufferers from Piles. Supplied in boxes of one dozen, with full instructions for use. We confidently recommend them to sufferers who prefer this form of treatment.

*Per box,* **2/–** *post free*

## PIMPLES

**19. H. & H. Blood Purifying Herbs,** page 16.
**143. H. & H. Antiseptic Ointment,** page 49.

## PROUD FLESH

**158. H. & H. Marshmallow Ointment,** page 18.

# PSORIASIS

See under **Eczema and Psoriasis,** page 28.

# QUINSY

**19. H. & H. Blood Purifying Herbs,** page 16.
**39. H. & H. Poultice & Embrocation Herbs,** page 50.

# RASH

**19. H. & H. Blood Purifying Herbs,** page 16.
**143. H. & H. Antiseptic Ointment,** page 49.

# RHEUMATISM

The word "Rheumatism" covers a very wide field of disorders. In one form or another it is one of the most prevalent complaints of to-day. It manifests itself in numerous ways, such as disorder of the joints, pain and stiffness of different groups of muscles, or feverishness and severe constitutional disturbance. Whatever form it takes it is usually accompanied by acute distress and pain, as all sufferers will know. It is engendered by exposure to cold, by chills, by uric acid in the system and by impure and irritant matters which find their way into the blood streams.

Every effort should be made to eliminate the causes, and the kidneys and bowels should be attended to. Plain nourishing food in variety, together with daily exercise will do much to prevent and ward off attacks, and since climatic conditions play so important a part, light, but warm clothing should be worn. Regularity in the habits, and abstention from unsuitable foods will assist very materially in preventing the development of this very painful and crippling complaint.

## 14. H. & H. HERBS FOR RHEUMATISM

### A Remedy for Rheumatism, Lumbago and Gout

This Herbal Blend attacks the disease by entering into the blood, dissolving and expelling from the system the injurious particles. In early stages—and that is the period when all troubles of this kind should be dealt with—the relief is immediate and permanent. In cases where the trouble is of longer standing, the Herbs should be taken over a longer period. We constantly receive the most gratifying letters of appreciation, and the merit of these Herbs has become of world-wide note. The complaint sometimes appears worse at the commencement of the treatment but this condition quickly passes.

*Per package,* **1/6** *post free*

### 123. H. & H. RHEUMATISM & GOUT PILL

Restoration to normal health will be expedited if one or two Kidney Pills (No. 120) are taken every night, while taking the Rheumatism Pills after each meal.

*Per box of* 50, **1/3** *post free* *Per box of* 150, **3/-** *post free*

**120. H. & H. Backache & Kidney Pill,** page 35.

**T14. "BETONY" or RHEUMATISM TISANE.** Contains also the noted "Yerba Maté," which is well-known for its relief of Rheumatic affections and dispelling of Uric Acid. Its flavour is attractive and should form the daily beverage for all who have a rheumatic tendency. We thoroughly recommend this excellent Tisane.

*Per package,* **2/6** *post free*

### 147. H. & H. RHEUMATISM OINTMENT

This Ointment stimulates the follicles of the skin which extract the uric poison from the blood and expel it in the form of perspiration. Rubbed in for Rheumatism or applied on lint for Gout, it is always effective in reducing and banishing the pain.

*Price per box,* **1/3** *post free* *Per box,* **3/-** *post free*

*The larger size contains three times the quantity of the smaller size*

## RHEUMATOID ARTHRITIS

We are not prepared to state that any remedy is certain to eradicate this acute complaint. Our Rheumatism Herbs No. 14 (page 42) and also Ash Leaves No. 951 (page 79) have, in certain cases, achieved successful results.

## RINGWORM

**154. H. & H. Ringworm Ointment,** page 55.

## RUNNING SORES

**19. H. & H. Blood Purifying Herbs,** page 16.

**143. H. & H. Antiseptic Ointment,** page 49.

## SCALDS

**146. H. & H. Healing Ointment,** page 18.

# SCIATICA

## SCIATICA, RHEUMATISM, LUMBAGO, Etc.

Uric acid is developed in the blood during the process of the wasting of tissue which is always taking place in a healthy body. Nature has provided a means for its removal, and when the kidneys are actively working it is eliminated nearly as quickly as it is formed, but when these important organs are deranged and their activity is restricted, the Uric Acid remains in the blood and causes numerous and agonizing complaints. There is too much of it for the blood serum to keep in a liquid state, and so it becomes crystal in form, the crystals having sharp, jagged points and edges. These collect in the joints, even under the nerve coverings, in the head, and in many parts of the body, causing Rheumatism, Gout, Sciatica, Neuralgia, and many other excruciating complaints. But whenever these complaints occur, the warning has been given beforehand and neglected. When a man finds that his back aches after stooping or digging or experiences an acute twinge in the sciatic nerve he has his warning, if he will only take it. It is the danger flag of the kidneys and it tells unmistakably that these organs cannot do their work and that they need a restorative.

### 13. H. & H. SCIATICA HERBS

At whatever stage of the trouble the effectiveness of these Herbs has been proved beyond doubt. They immediately set about their work of breaking up and dissolving the crystals, resulting in the expelling of the excess acid through the blood streams. The complaint sometimes appears worse at the commencement of the treatment, but this condition quickly passes. It is a sure sign that the Herbs are getting down to their work.

*Per package,* **2/6** *post free*

### 122. H. & H. SCIATICA PILL

*Per box of* 50, **1/3** *post free* *Per box of* 150, **3/-** *post free*

See Testimonials, page 12.

# SEA-SICKNESS

## 4. H. & H. TRAIN & SEA-SICKNESS CAPSULES

The Capsules, which have proved unfailingly successful when taken for short or long journeys by land or sea, are prepared from a reliable recipe. If one of these Capsules is taken every two hours on commencing the journey, sickness should be unknown. The Capsules are of use in all methods of travel, and invariably have an excellent preventive effect.

*Per bottle of* 8, **1/3** *post free* *Per bottle of* 20, **3/-** *post free*

# SPRAINS

39. **H. & H. Poultice & Embrocation Herbs,** page 50.
252. **H. & H. Distilled Extract of Witch Hazel,** page 70.
282. **H. & H. Liniment,** page 49.

# STOMACH DISORDERS

## 6. H. & H. STOMACH & LIVER HERBS

We have here a wonderful remedy for all who suffer from disorders of the stomach and liver. Whenever there is any trouble of this kind a regular course of our Herbs should be taken.

**Symptoms.**—Fulness and pain after eating, palpitation of the heart, dull heavy headache, furred tongue, an objectionable taste on rising, loss of appetite, etc. It has been calculated that over 95 per cent. of the adults in this country suffer from Indigestion in some form or other, and, as so many more serious complaints spring from it, it is imperative that it should be eradicated. These Herbs act as mild stimulants on the stomach, liver and bowels, and firmly, but gently, urge them to their duty.

The improvement will be immediate, and if the remedy is persevered with, even the most stubborn cases will be righted. We can assure our customers there is no need for anyone to suffer the acute distress of biliousness, sick headaches, acidity, etc.

*Per package,* 1/6 *post free*

## 116. H. & H. STOMACH & LIVER PILL

*Per box of* 50, 1/3 *post free*  *Per box of* 150, 3/- *post free*

**T3. "FENNEL" or STOMACHIC TISANE.** A pleasant tea to take, and is particularly suited to those with a tendency to Constipation and other stomach disorders. Is not an aperient tea, but does assist the body to function correctly. It is a Tisane that can be taken freely and continuously, with benefit and enjoyment and is used in place of ordinary tea.

*Per package,* 2/6 *post free*

## 107. H. & H. SLIPPERY ELM FOOD

This nourishing food is of inestimable value in the relief of stomach troubles such as Colic, Colitis, Gastritis, Ulcerated Stomach and all allied complaints. It has a remarkable healing effect on the inflamed membranes. It is further described on page 52.

*Per* ½*-lb.,* 1/3 *post free*  *Per* 1*-lb.,* 2/5 *post free*

# STONE

11. **H. & H. Backache & Kidney Herbs,** page 35.

# SWELLINGS UNDER THE SKIN

### 145. H. & H. DISCUTIENT OINTMENT

An invaluable Ointment for the treatment of swellings under the skin. There are many cases where sub-cutaneous swellings have existed for years, simply because carelessness has engendered neglect. These swellings, painless and causing no inconvenience, may lead to ultimate disaster ; and it is wise to treat them at once though they appear to be harmless. This Ointment acts on the skin in such a manner that an increased activity is set up in the blood vessels of that part of the system. A strong flow of healthy blood soon accomplishes the removal of harmful matter from the swollen part.

*Per box,* **1/3** *post free*   *Per box,* **3/-** *post free*

*The larger box contains 3 times the quantity of the smaller size*

**CYSTS.**—At the end of last year I got a box of your Discutient Ointment to try to remove a Cyst which had grown after one had been removed by an operation from the same spot. I used your Ointment, following the directions, for about two months, and the Cyst then entirely disappeared. I am very grateful and am recommending the cure to my friends.—V.V.—13141.

# THINNESS

Like a superabundance of fat, undue thinness is a disease and requires dealing with in a sensible and rational manner. Nature has provided the corrective in Herbs, and those suffering from emaciation cannot do better than adopt Nature's remedy.

### 31. H. & H. HERBS FOR THIN PEOPLE

**For the Promotion of a Strong, Healthy, Proportionally Developed Body**

This Herbal Blend is specially designed for the unduly thin. It corrects those organs which, by wrong action, aid the continuation of this state. Users will find an almost immediate increase in energy. Invariably there is improvement in appetite, and through the stimulus given to the digestive organs much of the food which has previously only ended in waste is taken up by the blood, and so feeds the wasted tissues. In this way a daily increasing plumpness is induced, the addition being due in no sense to unhealthy fat, but to good sound muscular fibre and sinew.

Very satisfactory results have ensued from using these effective Herbs. In most cases the weight is at once increased, and there is an improvement in general health. We advise those starting the treatment to make a note of their weight and to reweigh at weekly intervals. In nearly every case there will be a gratifying increase.

*Per package,* **2/6** *post free*

### 137. H. & H. TABLETS FOR THIN PEOPLE

*Per box of* 30, **1/3** *post free*   *Per box of* 90, **3/-** *post free*

# THROAT TROUBLES

The necessity of caring for the throat and its delicate mucous membranes cannot be emphasized too much. Neglect may lead to serious disorders, which may prove to be very stubborn of removal.

## 42. H. & H. GARGLE HERBS

**For soreness of the Throat, Hoarseness or Huskiness, Loss of Voice, Catarrh, Tonsilitis, Relaxed and Inflammatory Conditions of the Throat, Laryngitis, etc.**

**Remedial and Antiseptic.**—The medicinal and antiseptic Herbs comprised in this mixture have been very carefully selected. Amongst them are the well-known Eucalyptus, Thyme, Black-currant leaves and other Herbs universally known for their splendid virtues.

We feel confident that all sufferers from Throat Troubles will experience great benefit from these Herbs used as a **gargle** two or three times daily. Rapid relief is gained. The unhealthy and unnatural conditions are speedily eradicated and the throat restored again to its normal healthy state.

**A Daily Habit.**—Even where no unhealthy conditions exist, use the Herbs regularly. Make a daily habit of doing so to keep you free from Throat Troubles generally and ward off infection.

*Per Packet,* **1/6** *post free*

## 217. BALM OF GILEAD THROAT and LUNG MIXTURE

A pure and harmless Chest and Lung Mixture, made entirely from Herbal ingredients, including an essence of the Canadian plant whose name it bears. The mixture warms and nourishes the chest, and is an excellent Winter medicine for young and old.

*Per bottle,* **1/2** *and* **2/–**, *each post free*

**293. BALM OF GILEAD THROAT AND LUNG PASTILLES.** Present an easy and pleasant way of taking this excellent essence.

*Per packet,* **1/3** *post free*

**210a. H. & H. ANTISEPTIC THROAT PASTILLES.** These are excellent to use occasionally, especially when there is any sign of a sore or inflamed throat.

*Per tin,* **1/3** *post free*

**295 ICELAND MOSS PASTILLES.** Nutritive as well as soothing.

*Per ¼-lb.,* **10d.** *post free*

**292. PASTILLES (Lemon, Honey and Glycerine).** For throat and voice. Beautifully cooling and refreshing in Summer, and of great value to singers and speakers.

*Per packet,* **9d.** *post free*

**289. ASSORTED THROAT PASTILLES.** Here is an opportunity to find that Pastille which suits your own particular needs. This generous sample packet contains nine different varieties.

*Per packet,* **1/3** *post free*

# TIC DOULOUREUX

**10. H. & H. Neural Herbs**, page 39.

**211. Anti-Spasmodic Drops**, page 26.

# TOOTHACHE

**10. H. & H. Neural Herbs**, page 39.

**211. Anti-Spasmodic Drops**, page 26.

# TRAIN & TRAVEL SICKNESS

**4. H. & H. Train & Sea-Sickness Capsules**, page 44.

# ULCERS

**19. H. & H. Blood Purifying Herbs**, page 16.

**158. H. & H. Marshmallow Ointment**, page 18.

# URINARY DISORDERS

**See under Kidney and Bladder Disorders**, page 35.

**See also Incontinence of Urine**, page 36.

# VARICOSE VEINS

## OINTMENTS FOR VARICOSE VEINS

Varicose conditions of the veins are well known. We are happy to offer two Ointments which will be found very effective in dealing with this painful and oft-times crippling complaint.

**150. H. & H. VARICOSE OINTMENT**

For swollen, dilated or knotted veins.

**151. H. & H. VARICOSE OINTMENT**

For use where the veins have reached the ulceration stage.

*Each per box*, 1/3 *post free and* 3/- *post free*

*The larger box contains 3 times the quantity of the smaller size*

**19. H. & H. Blood Purifying Herbs**, page 16.

**252. Distilled Extract of Witch Hazel**, page 70.

# WARTS

106. **H. & H. Corn and Wart Ointment,** page 26.

# WHOOPING COUGH

21a. **Whooping Cough Syrup,** page 54.

# WORMS

40. **H. & H. Worm Powder,** page 55.

40a. **H. & H. Worm Chocolates,** page 55.

Both Suitable for children and adults.

286. **H. & H. Male Fern Capsules**

Highly recommended for expelling Tapeworms.

*Per box of* 4 *capsules,* **1/9** *post free*

# WOUNDS

143. **H. & H. ANTISEPTIC OINTMENT**

Open wounds and sores are dangerous in that they open the way for many dangerous microbes to enter the blood. The Tetanus germ, so prevalent in garden soil in many parts of the country, has often been admitted through a minute cut or abrasion. Septic germs also have in the same way got in and set up serious, often fatal attacks of blood poisoning. A slight wound or open sore should be thoroughly cleansed and then kept covered with this Ointment, which is a proved germ-killer, and a true safeguard against dangerous complications. Its use is also strongly recommended for the following :—Gatherings, Pimples, Rash, etc.

*Per box,* **1/3** *post free and* **3/-** *post free*

*The larger box contains* 3 *times the quantity of the smaller size*

# MISCELLANEOUS ITEMS

**271. FUMIGATING PASTILLES.** These impart a delightful fragrance when burnt in a sick-room, and remove infection. Best quality only.

*Per tin,* **1/3** *post free*

**282. LINIMENT.** An excellent dressing for bruises, sprains, etc., and a splendid lotion for massaging.

*Per bottle,* **9d.** *and* **1/3,** *each post free*

**39. H. & H. POULTICE AND EMBROCATION HERBS. For the Treatment of Abscesses, Boils, Carbuncles, Gatherings, Running Sores, Sore Throats, Quinsy, etc.** These Herbs are more efficient in the treatment of inflamed sores than any of the poultices in common use. They act as antiseptics, destroy germs, cleanse the wound, and enable it to clear itself freely and rapidly of the poisonous matter which is the cause of the trouble.

*Per package,* **1/6** *post free*

**P301. POULTICE POWDER.** A powder which is readily made into poultice form. Contains Slippery Elm and is antiseptic.

*Per package,* **1/-** *post free*

**306. MOTH POWDER.** Very effective for preventing the ravages of moths.

*Per packet,* **5d.**; 3 for **1/1**; 6 for **1/9**; *all post free*

## LOZENGES

**L1. MUSK**
**L2. BLACK CURRANT**
**L3. CAYENNE**
**L4. CHARCOAL**
**L5. CINNAMON**
**L6. GINGER**
**L7. HOREHOUND, ANISEED & MULLEIN**

*Per package,* **9d.** *and* **1/3,** *each post free*

(*The* 1/3 *packet contains twice the amount of the* 9d. *packet*)

**284. LIQUORICE AND MENTHOL CUBETTES.** Excellent for Winter use. Comforting and soothing to the chest and throat. In tins suitable for waistcoat pocket or handbag.

*Per tin,* **6d.** *post free*

# EMERGENCY STORES

It is advisable to keep a selection of our remedies at hand ready for any emergency.

We give below some suggestions for your Emergency Medicine Shelf.

### 200. H. & H. PILLS FOR EMERGENCY USE

Six boxes of our Pills suitable for the immediate treatment of certain illnesses. The Pills, packed in separate boxes and enclosed in a metal case are :—

| | | | |
|---|---|---|---|
| Influenza ... ... | No. 131 | Rheumatism ... | No. 123 |
| Backache and Kidney | ,, 120 | Chest ... ... | ,, 129 |
| Stomach and Liver ... | ,, 116 | Neural ... ... | ,, 119 |

*Per box, containing the six kinds of pills in separate boxes,* **3/-** *post free*

(On special request, we will make up a box of any six varieties selected from our list.)

# Section Three

## SLIPPERY ELM FOOD

## HERBS FOR MATERNITY

## HERBAL SPECIALITIES FOR CHILDREN

# FOOD SPECIALITIES

## 107. H. & H. SLIPPERY ELM FOOD

From **Slippery Elm Bark** is made, perhaps, the most remarkable food in all the world, and a very striking tale is told of its discovery. The early colonists of America had to suffer much privation, especially in the Winter months, whose severity was a new experience for them. When food was scarce they were driven to eat roots and even the bark of trees. Some ate the inner bark of the elm, and to their surprise found that they were not only able to maintain their bodily vigour, but were even much better in health and strength than before. Afterwards the bark became a regular article of food, and many other uses were found for it. From it is made the best purifying and healing poultice known. This property added to its nutrient qualities renders it of inestimable value in our Slippery Elm Food in cases of Gastritis, Colic, Colitis, Ulcerated Stomach, etc., where the body is calling out for nutriment, yet because of inflamed membranes is unable to assimilate it. By taking this food and our Blood Purifying Herbs, complaints of this kind disappear more quickly than by any other treatment.

The weakest digestions readily assimilate it, and it is thus an admirable food for infants. It builds up bone and muscle without unduly fattening. Infants like it and it is excellent for supplementing the mother's supply when a child does not appear to thrive. It has eradicated rickets and wasting diseases and is a splendid food for young growing children.

*Per ½-lb.,* **1/3** *post free* *Per lb.,* **2/5** *post free*

*See Testimonials, page* 56

**19. H. & H. Blood Purifying Herbs,** page 16.

## 107a. H. & H. SELMO BISCUITS

**Containing all the Constituents of**
**Heath & Heather's Slippery Elm Food**

We wish to lay stress on the following points, which will bring to the minds of readers generally the advantage of using one of the most noteworthy introductions that has ever been made in the biscuit world.

(1) Selmo Biscuits are crisp, delicious in taste, and will be enjoyed by all, both old and young.

(2) A little warm water poured over one or two will make an appetizing meal of the highest nutritive value for baby.

(3) They are invaluable as lunch biscuits for growing children, improving their health and strength.

(4) Adults may eat one or two after lunch or dinner, and will find them of the greatest use as a digestive.

(5) Those suffering from any inflammatory digestive complaint should eat them plentifully ; indeed, were one suffering from ulcerated stomach, to feed almost entirely on these biscuits—no great hardship when their tastiness is considered—would undoubtedly result in speedy relief.

(6) A pleasant and palatable way of dealing with Gastritis, Colitis, Ulcerated Stomach, and other similar complaints.

(7) The Biscuits have an advantage over liquid foods in that they require, and must have, mastication. This should be the first digestive operation in the consumption of all foods. Mastication induces a flow of saliva which is necessary for thorough digestion. Many digestive complaints have their origin in a neglect of this important process. Hence the maximum benefit is obtained from H. & H. Selmo Biscuits.

*Per carton,* **2/3** *post free and* **4/–** *post free*

# MATERNITY

It is a matter of vital importance that the expectant mother should enjoy the best possible standard of health, and this can be assured to a very great extent where our Herbs are used regularly. The virtues of Raspberry Leaf Tea—so well known to country folk—are becoming more universally known every day—and have the recommendation of some of the highest authorities on pre-natal welfare. We confidently advise a course of Health Herbs No. 1 up to four months of confinement, and thereafter, our Herbs No. 16, consisting mainly of Raspberry Leaves, which will tone up the muscles of the womb and uterine members, keep the blood streams pure and act beneficially on the kidneys. The quantity taken is increased as confinement approaches rendering childbirth easy and natural.

## 16. H. & H. HERBS FOR EXPECTANT MOTHERS

Raspberry Leaf to which is added Squaw Vine—a mixture which renders the greatest value before and during confinement.

*Per packet,* **1/6** *or* **3** *for* **4/–***, post free*

*A pamphlet of general useful advice entitled "Successful Motherhood," is sent with each packet.*

*See Testimonials, page* 56

**307. SPHAGNUM MOSS.** The extraordinary absorbent and cleansing qualities of Sphagnum Moss are well-known in midwifery and surgical practice. It can absorb twenty times its weight of water and is used extensively in the nursery and sick-room. It is sent in compressed sheets which can be teased out and used as required.

**2/6** *per ½-lb., post free*

For special purposes larger sheets, approximately 16 inches square (on special request),

**5/6** *each, post free*

# INFANTS' AND CHILDREN'S REMEDIES

**20a. H. & H. INFANTS' MIXTURE.** This is an excellent Mixture for use for babies from birth, and cannot possibly do the slightest harm to a child of the tenderest age. It contains only those Herbal ingredients which are known to have the best effect on a child's constitution. Most of the illnesses of children arise from difficulties in feeding. They have their origin in the stomach. This mixture not only soothes and corrects the stomach, but in so doing it also soothes the nerves of a child, and a mother who uses it regularly can be assured of having a peaceful night's rest. We recommend this to all mothers as an excellent remedy to keep in the house, especially when teething troubles arise.

*Per bottle,* **1/3** (*postage* 3d. *extra if ordered alone*)

**20. H. & H. COOLING MIXTURE.** This is a Herbal Blend for use in all cases where, from fever, feverish colds and similar complaints, the temperature rises above normal. It sets up an early flow of perspiration, by which means the temperature of the patient soon becomes normal. A dose given at once when there is a slight feverish attack may obviate all danger of a serious illness.

*Per bottle,* **1/3** (*postage* 3d. *extra if ordered alone*)

**241. COOLING POWDERS.** Composed entirely of Herbal ingredients. Harmless and safe for children and young people.

3 *for* **6d.** 12 *for* **1/9,** *all post free*

**253. H. & H. DIARRHŒA MIXTURE.** A bottle of this should be at hand in every house where there are children. It speedily rectifies slight stomachic disorders, which, if neglected, may lead to serious complications.

*Per bottle,* **2/6** *post free*

**322. SYRUP OF FIGS.** One of the best of the mild aperients. Especially suitable for children, who like it.

*Per bottle,* **1/1** *and* **1/8,** *each post free*

**279a. LAXATIVE CHOCOLATES.** Intended for use by those who cannot take Pills or Herb Mixture. A very pleasant sweetmeat.

3 *for* **8d.** *post free* 12 *for* **2/6** *post free*

**281. LIME JUICE AND SULPHUR SALTS.** Makes one of the best cooling and purifying drinks. Easily made and very effective.

*Per tin,* **10d.** *post free*

**21a. H. & H. WHOOPING COUGH SYRUP.** Parents will be glad to know that here is a rapid and easy way of dealing with this distressing and often alarming complaint. Very severe cases speedily give way to it and every parent on hearing the first symptoms of whooping cough should immediately send for a bottle of this syrup, which we recommend with every confidence.

*Per bottle* **1/3** (*postage* 3d. *extra if ordered alone*)

**217. BALM OF GILEAD THROAT AND LUNG MIXTURE.** A pure and harmless Chest and Lung Mixture containing all the soothing and healing properties for which the Canadian Balsam is so noted. Children love it.

*Per bottle,* **1/2** *and* **2/–**, *each post free*

**293. BALM OF GILEAD PASTILLES,** page 23.

**276. HONEY, LEMON AND LINSEED.** A splendid Chest and Lung Mixture. Very palatable and children readily take it.

*Per bottle,* **1/6** *post free*

**283. LINSEED AND SEAWEED TEA.** Makes an excellent soothing drink for children and adults.

*Per package,* **4d.** *post free*

**296. SLIPPERY ELM PASTILLES.** Contain those healing properties for which Slippery Elm is so noted.

*Per ½-lb.,* **10d.** *post free*

**300. PONTEFRACT CAKES.** There is probably no more attractive way of using Liquorice than in Pontefract Cakes. These are the best obtainable and far superior medically to those sold merely as "sweets."

*Per 4-oz. packet,* **8d.**
*Include* 2½d. *extra for postage if ordered alone*

**329. H. & H. LIVE NATURAL GRAPE JUICE,** page 60.

**40. H. & H. WORM POWDER.** An effective treatment for the expulsion of Worms. Often, persons who imagined they had contracted a wasting and debilitating disease and the pale and sickly-looking child, the anæmic girl, and the pale, weakly-looking young man are suffering only from the unsuspected presence of these creatures. Children especially are very much subject to them in the form of thread worms; and in many cases they are allowed to continue till permanent harm has been done to the constitution. It is wise to give an occasional dose of Worm Powder to every child for purposes of prevention.

*Per tin,* **1/3** *post free*

**40a. H. & H. WORM CHOCOLATES.** Some children dislike powders. The chocolates are pleasant to take and do their work exceedingly well. In most cases, one given to the child at bedtime will get rid of the cause of the trouble.

**3d.** *each post free* 3 *for* **7d.** *post free*

**154. H. & H. RINGWORM OINTMENT.** Ringworm occurs in different forms and is a highly contagious disease of the skin. When it appears on the limbs or body it is easily eradicated if dealt with promptly, but when discovered on the head the complaint generally requires patient treatment.

*Per box,* **1/3** *post free*
*Larger size, containing* 3 *times the quantity,* **3/–** *post free*

**234. CHILDREN'S HEAD CLEANER.** An effective and reliable preparation for cleansing the head of Dandruff, etc., and destroying objectionable life.

*Per bottle,* **1/3** *post free*

# SLIPPERY ELM FOOD

**SLIPPERY ELM FOOD.**—I am ever so thankful to tell you that "Slippery Elm" has worked wonders with me. It soothes and heals, and I am feeling better in every way. Better in fact than I have been for some years.—S.P.—14006

**SLIPPERY ELM FOOD.**—I feel I would like to thank you for the great help I have obtained from your Slippery Elm Food after taking it for several months. I have been a sufferer from Gastritis for seven years but since taking your food I have had no return and I am much better and stronger than I have been for a long time and I shall still continue to take it.—R.C.—13019.

**SLIPPERY ELM FOOD.**—I have just finished my third pound of Slippery Elm Food with wonderful results. Seven years ago I had an operation for perforated Gastric Ulcer. Since, at times, I have suffered dreadful stomach pains, but after taking the food, these have practically ceased and I feel a different man.—J.H.—13098.

**SLIPPERY ELM FOOD.**—I feel now that I must write and thank you for your kind advice to my recent enquiries regarding your Slippery Elm Food for my baby of four weeks old. Well I must tell you he is doing exceptionally well since starting to feed him on Slippery Elm Food. He is always content, and sleeps nearly all his time. I recommend your wonderful remedies to all my friends.—G.—13015.

**SLIPPERY ELM FOOD.**—I feel I must write and tell you of the wonderful results of your Slippery Elm Food. I have been a sufferer for over twenty years from stomach trouble and have been under all kinds of treatment, all to no purpose. As a last resort I tried your food and after only one week's treatment I knew that I should get benefit. I persevered and I can honestly say that I am cured. I can recommend it in the most acute cases. It is a most soothing and satisfying food and does not leave that sinking feeling as most invalid foods do. I wish it were more widely known and that I had heard of it years ago. Together with the food I took your Blood Purifying Pills No. 128 which worked wonderfully.—F.—13007.

**SLIPPERY ELM FOOD.**—I must say I find the Food does all you say and I have found it very helpful. When I started to use it I could not digest anything without enduring great pain, and now I eat anything I please. I have recommended it to others with good results. You can make use of this statement and I hope it will help others. —M.T.—13121.

# MATERNITY

**HERBS No. 16.**—I may add that I had a remarkably easy time when my baby was born, and I know it was the Herbs I have to thank, so I trust you will be able to supply this other request. Thanking you for your good advice before baby came.—G.L.—13123.

**HERBS No. 16.**—I am glad to tell you that having taken your Raspberry Tea before and during confinement, my labour was very speedy and also that I kept excellent health during the carrying period. I tell all my friends about your Herbs.—B.B.—13090.

**HERBS No. 16.**—I should like to say how much I benefited by taking your No. 16 Herbs. Having a very bad confinement before, I rather dreaded this one, but was amazed at the really easy time I had, which I certainly believe was through taking your Herbs.—H.D.—13095.

**HERBS No. 16.**—Thank you very much for your last letter, *re* the packet of Herbs for Expectant Mothers. The patients are so well, and the abdominal muscles are undoubtedly strengthened. I can thoroughly recommend them and do. To-day, I have had another young mother to book for June and having a packet of the Herbs by me, asked her to take them, which she did and will I'm sure carry out full instructions. I have another patient now due and she has found them quite beneficial.—E.Q.—13088.

Herbs bring safety to your nursery

Herbs bring the freshness of the out-of-doors to your dressing-table

# Section Four

## HEALTH BEVERAGES

Although so much knowledgeable interest is taken in diet, few people seem to realize that Beverages, as well as food, have an important influence on health. Without any sacrifice of enjoyment, they can be wisely chosen for aiding the digestion, purifying the blood, and providing essential vitamins.

All our Herbal and Fruit Beverages are health giving, delicious and sure to be appreciated. Choose from them for every occasion—for long cooling drinks on a Summer's day, something hot and soothing before going to bed, liquid refreshment for everyday needs, and the best of good cheer for Summer outings and Winter gatherings.

**Tisanes.**—Every infusion made from our Herbs may correctly be called a "Tisane." But the term is frequently applied to those Herb teas which are not only beneficial to health, but also have a pleasing flavour and so serve as a daily beverage. It is surely important that, whilst our daily "cups of tea" satisfy our needs, they should do no harm. Our **"Tisanes"** go a stage further than this—they satisfy and directly benefit at the same time. We are glad to put our experience at our customers' disposal, and recommend those **Tisanes** which make a pleasing daily beverage and at the same time are of the greatest benefit to those eradicating some particular complaint with our **Remedies.**

**Tisanes** are made in a teapot, like ordinary tea, and may have milk and sugar added to taste, if desired.

The **Tisanes** are all blends of herbs, but take their name from one of the ingredients. "Betony Tisane," for instance, contains other Herbs besides Betony of even greater value in Rheumatic complaints, carefully blended to preserve an attractive flavour.

**T1. "BALM" TISANE FOR GENERAL HEALTH.** Our Health Herbs No. 1 form the most famous Tisane ever compounded. We have incorporated their ingredients in our **Tisane T1,** which gives the right strength to the infusion when made in a teapot like ordinary tea. Every member of the family will enjoy it, and it forms a pleasing and healthful daily beverage for family use on all occasions.

*Per package,* **2/6** *post free*

**T2. "MINT" or DIGESTIVE TISANE.** Many who are subject to **Indigestion** cannot take ordinary tea, and will be glad to know that here is an excellent and pleasing substitute. It is especially suited to those undergoing a course of our Indigestion Herbs, and once this complaint is eradicated, this Tisane should be a great help in warding off further attacks.

*Per package,* **2/6** *post free*

**T3. "FENNEL" or STOMACHIC TISANE.** A pleasant tea to take, and is particularly suited to those with a tendency to Constipation and stomach disorders. Is not an aperient tea, but does assist the body to function correctly. It is a Tisane that can be taken freely and continuously, with benefit and enjoyment.

*Per package,* **2/6** *post free*

**T9. "LIME-FLOWER" or INSOMNIA TISANE.** A very pleasing Tisane—and in contrast to most daily beverages, is soothing instead of stimulating to the nervous system. It is of benefit when taken at any time during the day—and a cup last thing at night is of gentle aid to good sleeping. A valuable aid to those undergoing a course of our Nerve, Neural or Insomnia Herbs.

*Per package,* **2/6** *post free*

**T14. "BETONY" or RHEUMATISM TISANE.** Contains also the Yerba Maté, which is well-known for its relief of Rheumatic affections and dispelling of Uric Acid. Its flavour is attractive and should form the daily beverage for all who have a rheumatic tendency. We thoroughly recommend this excellent Tisane.

*Per package,* **2/6** *post free*

**29a. H. & H. BUSH TEA.** This blend of Herbs, the well-known South African Rooibosch, is an excellent substitute for ordinary tea. Many people cannot take tea even in moderation because it contains tannin and caffeine. The Herbs in this mixture have no injurious properties whatever; indeed, they are certain to be found beneficial. They are a preventive of Indigestion, assist assimilation of the food and purify the blood.

*Per package,* **1/6** *post free*

**30. H. & H. RIMARI MOUNTAIN TEA.** This Tea is made from the leaves of a species of Holly which grows on the mountain range of Paraguay. It has been used for hundreds of years and at the present time many people prefer it to Indian or China tea. It has great advantages over these, and is far less astringent. Prepared like ordinary tea, the liquid is amber coloured, and although it looks weaker than ordinary tea, it is much stronger and more stimulating. This tea is prescribed with great success by medical practitioners who make a speciality of diet. There is universal testimony as to its virtues in toning up and soothing the nervous system, acting as a nerve tonic, enabling one to bear the fatigue of a journey more easily, and relieving the pangs of hunger till food can be obtained. A small cup taken before a meal is a wonderful help to digestion, and consequently to the general health and strength of the system. Full instructions for its preparation are given on every package.

*Per package,* **1/6** *post free*

### 246. DANDELION COFFEE

A most highly recommended health beverage. It is of delightful flavour and possesses valuable health properties. It is very economical and highly digestive.

*Per tin,* **1/1** *and* **2/–**, *each post free*

### 247. H. & H. DANDELION COFFEE ESSENCE

This prepared form of our Dandelion Coffee will commend itself to many of our customers. The high standard of purity and quality is maintained, and its flavour will appeal to the most discriminating taste.

*Per bottle,* **1/1** *and* **1/9**, *each post free*

## 331. H. & H. LEMON JUICE

**Extracted from Sun-ripened Lemons**

Lemon juice has for many years been rightly regarded as an extraordinary health aid. The vitamins it contains give it an almost unbelievable value in these days, when so much of our food is entirely lacking in these necessary principles. Fruit juices make up the deficiency in varying degrees. But no fruit is so rich in these principles as the lemon. Even the juice of ordinary lemons—picked green and ripened in the dark hold of a ship—has been proved to be conducive to health. But infinitely richer in vitamins are the lemons which ripen—luscious and golden—on the trees in their natural sunny homes by the Mediterranean Sea. It is on the plantations themselves that our lemon juice is extracted from the WHOLE fruit, including the rind and pips, which are exceedingly valuable from a medicinal point of view.

We think so highly of its health-giving properties that we cannot too strongly recommend it. Adults and children should acquire the habit of taking a wineglassful every morning before breakfast. The juice may be diluted according to taste. Immediate benefit will be felt, increasing as the days go on.

**The juice is concentrated** and, therefore, economical. It contains no harmful preservatives, and its properties are, therefore, vital and active. These properties, however, do not keep active indefinitely.

Many people who would benefit from taking Lemon Juice are averse to it because of its acid taste. **H. & H. Lemon Juice** however, has a smoother flavour, peculiarly its own, which is quickly appreciated.

**Acidosis, Acidity, etc.**—Those liable to these conditions should undoubtedly include this Lemon Juice in their dietary. The Citric Acid content is changed when absorbed into the blood, to those alkaline substances which act as correctives to acid conditions.

*Per bottle,* **2/–** *and* **2/6**, *each post free*

# 329. H. & H. LIVE NATURAL GRAPE JUICE

### (Concentrated)

### Live Juice of Freshly Gathered Grapes

This is the pure uncooked juice of fresh grapes in a highly concentrated form produced by a new Low Temperature process. Nothing has been taken away except most of the water content. All the natural flavour, aroma, vitamins, ferments and other properties of the fresh grapes are there unchanged, alive and vigorous.

**Nature's Tonic for Growing Children.**—**H. & H. Natural Grape Juice** contains an ample supply of Vitamins A. and B. Has remarkable food value.

**Its Value in Sickness.**—**Anæmia.**—It is the ideal tonic for anæmic people. It contains iron in organic combination, a form in which it is instantly assimilated by the body. **Constipation.**—It does not purge but gently regulates. Its action is quite natural and non-irritant. **Kidneys and Bladder.**—The conversion of the fruit acids to alkaline salts secreted by the kidneys produces a gentle natural diuresis. This is of great prophylactic value against infection of the kidneys and bladder, formation of renal calculus and renal inflammation.

**The Ideal Beverage for Athletes and Brain Workers.**—With its high sugar content it is a valuable source of energy. Action is rapid and positive. Ideal for athletes and sportsmen in intervals of severe physical exertion or for the brain worker in the middle of a hard day.

**H. & H. Natural Grape Juice is Non-Alcoholic**

*Per bottle,* **2/9** *Per large bottle* **5/3**, *each post free*

**This Product cannot be sent to the Irish Free State or Abroad**

**GRAPE JUICE.**—I should be grateful if you would very kindly send me two large bottles of Live Natural Grape Juice Listed No. 329 in your Book of Herbs. I had two large bottles of this from you some time ago, and I think it one of the finest energizers I have come across.—A.B.—13111.

# 330a. H. & H. KOLA-NUT WINE

### Concentrated (with Quinine).

This non-alcoholic wine, combining the powerful stimulating properties of Kola (*Sterculia acuminata*) with the tonic properties of Quinine, imparts tone and vigour to the whole body.

*Per bottle,* **2/-** *post free*

**28. H. & H. HERBS FOR MAKING TEETOTAL BITTER HERB BEER.** The blend of Herbs supplied for making this pure and wholesome drink is the result of very long experience and experiment. It consists of Herbs in right proportions to produce a beverage that is not only delightful to the taste but health-giving. Prepared according to the directions given with every package, this temperance beverage will be quite as much appreciated as the ordinary bitter beer. It is necessary to add to the mixture, in the process of making, a little yeast. As this delicious Herb Beverage is produced at about one farthing per glass, everyone will see how economical it is.

*Per package,* **1/6** *post free*

**28a. YEAST.** For making No. 28.

*Per packet,* **6d.** *post free*

**261. EXTRACT OF HERBS FOR MAKING TEETOTAL HERB BEER.** A tablespoonful makes a gallon of delicious botanical beer.

*Per bottle,* **1/3** *post free*

**261a. YEAST.** For making No. 261.

*Per packet,* **6d.** *post free*

**273. GINGER BEER POWDER.** A packet contains sufficient to make one gallon of delicious ginger beer.

*Per packet,* **4d.** *and 3 packages* **10d.,** *each post free*

**274. GINGER WINE ESSENCE**
**274O. ORANGE WINE ESSENCE**
**274R. RAISIN WINE ESSENCE**
**308. SARSAPARILLA WINE ESSENCE**

*Each of the above,* **1/6** *per bottle post free*

**249. DECOCTION OF JAMAICA SARSAPARILLA.** An agreeable form in which to take the active ingredients of the Smilax, or Sarsaparilla. Decoction of Jamaica Sarsaparilla makes an excellent Spring and Autumn medicine, and is considered to be one of the best known alterative mixtures.

*Per bottle,* **2/-** *post free*

**258. ELDER FLOWERS, PEPPERMINT AND COMPOSITION ESSENCE.** A grand beverage for the cold weather. Promotes warmth and equalizes the circulation. Excellent for chills.

*Per bottle,* **1/6** *post free*

**P287. OLD-FASHIONED PEPPERMINT.** This is a liqueur cordial, non-alcoholic, and distilled from the green plant grown on one of the most up-to-date Herb Farms in the country. No one needs to be told the value of Peppermint. It is a cordial which has been used for generations by our forefathers, and one which has firmly established itself among the simple remedies commonly used in all parts of the country. Those who are in the habit of using this most excellent aid to digestion will be glad to obtain a Peppermint which is of the highest quality and of undoubted excellence.

*Per bottle,* **2/6** *post free*

# Section Five

## CULINARY HERBS AND OTHER AIDS TO GOOD COOKERY

If you have not discovered the possibilities of Herbs in cookery, add to your reputation as a cook by using them in your soups, sauces, forcemeats, rissoles, meat rolls, stews and casseroles. They impart those delightfully subtle flavours which make all the difference between an ordinary dish and a chef's tasty creation.

### H. & H. CULINARY HERBS

An excellent range of Herbs, which, due to their ready sale, are sent out in a state of maximum freshness. Their aromatic and flavouring qualities will be found of the highest possible standard. The packages contain far more than is usually sold at the price.

**C49. Basil**
**C48. Bay Leaves**
**C40. Celery Seed**
**C41. Lemon Thyme**
**C45. Marjoram**
**C47. Mint**
**C50. Parsley**
**C43. Sage**
**C42. Savory**
**C46. Tarragon**
**C44. Thyme**
**C51. Mixed Sweet**
**C52. Pork Stuffing**
**C38. Poultry ,,**
**C39. Veal ,,**

*Per package,* **3d.**; 6 *for* **1/3**; 12 *for* **2/3**, *all post free*

### H. & H. SPICES—Culinary

**C32. Celery Salt**
**C33. Cloves, Zanzibar**
**C34. Ginger, Jamaica**
**C35. Nutmeg, Powdered**
**C36. Mixed Pudding Spice**
**C37. Pickling Spice**

*Per carton,* **3d.**; 6 *for* **1/3**, *all post free*

**245. CURRY POWDER, Indian.** Finest quality.

*Per tin,* **1/6** *post free*

### H. & H. ESSENCES—Culinary

**C53. Cochineal** **C54. Lemon** **C55. Vanilla** **C56. Almond**
**C57. Ginger** **C58. Celery** **C59. Ratafia**

*Per bottle,* **5½d.**; 3 *for* **1/3**, *all post free*

**C63. MINT JELLY.** A piquant addition to meat dishes, needing no preparation. Ingredients of only the highest quality are used in making it, and its keeping qualities are excellent.

*Per 8-oz. jar,* **2/–** *post free*
*Small ¾-oz. jars,* **3d.** *per jar* (2d. *extra if ordered alone*)

**288. OLIVE OIL (Superlatively Pure Quality).**

*Per bottle,* **2/3** *and* **3/3**, *each post free*
*Please note unavoidable increase in prices*

**328. WALNUT KETCHUP.** An old English relish that always meets with appreciation.

*Per ¼-pint bottle,* **1/3** *post free*

# Section Six

## TOILET REQUISITES AND REFINEMENTS

**Toilet Requisites,** General.
**Toilet Requisites,** Especially for Women.
**Toilet Requisites,** Especially for Men.
**For the Hair.**
**Pot Pourri.**
**Perfumes.**
**Christmas, New Year and Birthday Gifts.**

In all details relating to the toilet, the effect on health, appearance and comfort depends on the quality of the accessories and purity of the preparations used. In all our preparations—beauty aids, soaps, creams, etc., health and hygiene have had our first consideration. Our creams beautify, because they nourish and protect the skin. Our soaps soothe and heal whilst they cleanse. Every article in this list may be used with the confidence that its purity and efficacy are of the highest.

# FOR THE TOILET GENERALLY

## 32. H. & H. BATH HERBS

These Bath Herbs have been blended to make the bath not only a pleasure and a comfort, but really health promoting. They give off a most refreshing perfume, recalling the violets of the woodland, the damask roses, the lavender and cloves of old English gardens, and many more of Nature's delightful fragrances. Their effect is both soothing and exhilarating, while the Herb-impregnated water thoroughly cleanses the pores and promotes healthy action of the skin.

A warm bath in which these Herbs are used possesses tonic properties and removes all traces of fatigue and weariness. When run down, weak or convalescent or after a hard tiring day, there is nothing more refreshing. It is the sort of bath that really does you good.

*Price per package, with full directions,* 2/6 *post free*

**88. Refill Packets** of **Bath Herbs** for "Golden Gorse" Beauty **Set.**

4 *for* 2/6 *post free*

## 79. "GOLDEN GORSE" BATH SALTS

These feathery crystals dissolve instantly, giving to the bath water a most refreshing softness and delicate fragrance.

1/6 *post free*

**285. H. & H. LOOFAHS (of superior quality).** These are chosen with much care, and have given great satisfaction. Size 14 inches.

*Each,* 9d. *post free*

**320. H. & H. SPONGES (Rubber).** Of superlative quality.

*Each,* 1/6 *post free*

# H. & H. TOILET SOAPS

We offer here a range of soaps prepared according to our specification. We confidently state there is nothing better made.

They are free from injurious alkalis and cannot injure the most delicate skin. Only palm oil, olive oil, and other vegetable fats are used. They are made up of Herbal constituents which have an emollient and curative effect on the skin.

**314. Witch Hazel Cream Soap**
**315. Herbal Skin Soap**
**316. Marshmallow Soap**
**317. Glycerine and Cucumber Soap**
**317b. Slippery Elm Soap**

*Any of the above all post free—*

1 *tablet,* 9d.; 2 *tablets,* 1/5; 3 *tablets,* 2/–; 4 *tablets,* 2/6

**71. H. & H. POT POURRI SOAP.** This soap has all the delicacy of aroma that is found in our Pot Pourri. The essential Oils of all the flowers are present in their right proportions, and give it that subtle entrancing odour which has made our Pot Pourri so famous. Manufactured from the purest materials, the soap is absolutely non-injurious, lasts well, and if used regularly gives an added beauty to the complexion. It contains not the slightest trace of alkali, only vegetable oils and fats being included in its composition. Packed in dainty wrappers, it makes an acceptable and much appreciated present, and is included amongst the "Gift" items described on page 75.

*Three tablets in a box,* **3/3** *post free*

**323. H. & H. SUN-TAN OIL.** Ensures sun-bathing without sunburning. Applied freely before exposure it prevents all blistering and rawness, and encourages an even, natural tan.

*Per bottle,* **1/3** *post free*

**324. H. & H. SUN-BURN LOTION.** A cooling and soothing lotion for skins that have been unprotected by No. 323. Should be applied after sun-bathing to delicate skins in addition to No. 323.

*Per bottle,* **1/3** *post free*

**326. H. & H. TALCUM POWDER (Boracic and Slippery Elm).** An antiseptic Toilet Powder of the highest possible quality. The inclusion of Slippery Elm in this preparation is of great value, especially for the nursery and for use after shaving. It is a delightful powder to use after the bath.

*Per large bottle,* **1/6** *post free*

**85. "GOLDEN GORSE" TALCUM POWDER,** page 68.

**327. H. & H. TOOTH POWDER.** A cleansing, fragrant and antiseptic preparation of great value.

*Per box,* **9d.** *post free*

**105. H. & H. HERBAL TOOTH WASH.** This delicately perfumed wash is composed of the essences of Thyme, Peppermint, Eucalyptus, etc., which are best calculated to promote dental health. It will be found effective for thoroughly cleansing and whitening the teeth and refreshing the mouth. It does its work quickly and well, and is recommended to all who desire to maintain their teeth in a clean and healthy condition.

*In sprinkler bottles,* **1/6** *post free*

**251. H. & H. DENTAL CREAM.** Probably the finest cleansing and preserving cream on the market.

*Per large tube,* **1/3** *post free*

**254. H. & H. SMOKERS' TOOTH PASTE.** The teeth of smokers often become unsightly, owing to a dingy coating which accumulates on them and cannot be removed by the use of ordinary tooth pastes. The constituents of this paste are such that it not only removes these accumulations, but if constantly used keeps the teeth clean, white and healthy. It also acts as a disinfectant to the mouth and throat.

*Per tube,* **1/–** *post free*

**H. & H. CACHOUS.** Of fine fragrance.

**90. Lily of the Valley**
**91. English Rose**
**92. Opoponax**
**94. Heliotrope**
**95. Parma Violet**
**96. Lavender**
**97. Mixed**
**98. Golden Gorse**

*Price per large package,* **6d.** *post free*

# BRUSHES AND COMBS

We offer the following selection to our customers with the assurance that they are the best brushes obtainable for the prices.

**All these Brushes are of English Make**

**HAIR BRUSHES** (Ladies')

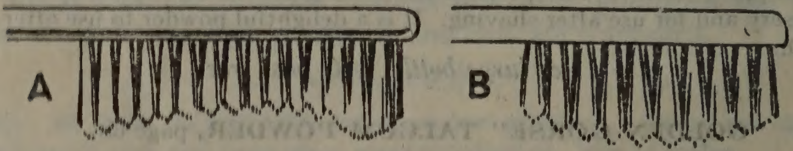
**1005.** Short, medium-stiff, white bristles ... ... *each,* **2/9**
**1006.** Superior quality, ditto ... ... ... ... *each,* **4/3**

**HAIR BRUSHES** (Gents')

**1010.** Military, small size, pure bristle, white, medium stiff ... ... ... ... *each,* **3/6** *Per pair,* **6/6**

**SHAVING BRUSHES**

**1021.** Black and white handle, finest hogshair, sterilized ... ... ... ... ... *each,* **1/9**
**1022.** Bone handle, excellent quality, sterilized ... *each,* **2/9**
**1023.** Small, pure badger, superior quality, sterilized *each,* **3/9**



**1026. TOOTH BRUSHES.** State which shape required, A or B. ... ... ... ... *each,* **9d., 1/-** *and* **1/3**
**1030. LADIES' COMBS.** 7½ ins. long, excellent quality, very durable... ... ... ... *each,* **1/3**
**1031. GENTLEMEN'S COMBS.** 7 ins. long, very durable and of best quality ... ... ... *each,* **1/-**

## DIETING IN HEALTH AND SICKNESS

A knowledge of diet is an essential part of the correct treatment of the patient during sickness. As we have been frequently asked to supply diet tables for illnesses, we commissioned Miss Judith Ann Silburn, Diplômée of Domestic Science, M.I.H., Dietitian (Certified), Associate Editor, Cookery Articles, *Encyclopædia Britannica* (14th Edition) to write an authoritative book. Her qualifications are sufficient guarantee that the advice given can be followed with safety.

**Contents of Book.**—Part I—The Nature and Purpose of Food. Part II—Illnesses: Symptoms and Diets. Part III—100 Calorie Portions of Common Foods—Useful Tables of Measures and Weights.

*Cloth bound edition,* **2/6** *post free*

# TOILET REQUISITES
## Especially for Women

Good health is the foundation of beauty. On it depends a clear complexion, an unblemished skin, a figure which is neither too full nor too slender—all the fundamentals of attractive appearance.

The woman who would look her best must begin her beauty treatment by taking an intelligent interest in health and hygiene. Only thus can be laid the right foundation for the finishing touches which Fashion indicates, and those finishing touches must work their charm without the slightest risk to health or future good appearance.

Such are the sound principles on which we worked in creating our highly successful "Golden Gorse" Series—a fascinating assembly of lotions, creams and powders to accomplish that outward loveliness for which every modern woman strives.

### 81. H. & H. "GOLDEN GORSE" DAY CREAM

A cream to keep your complexion soft and fresh all day long. It makes a perfect foundation for powder and at the same time protects the skin from harsh weather conditions and changing indoor atmosphere. A cream that really vanishes and is economical to use.

*Per jar,* **1/6** *post free*

### 81a. H. & H. "GOLDEN GORSE" DAY CREAM in tubes

The same as above, suitably packed for the handbag, etc.

*Per tube,* **6d.** *post free (postage* 1½d. *extra if ordered alone)*

### 82. H. & H. "GOLDEN GORSE" NIGHT CREAM

Dry skin is a prelude to old skin. Specialists have discovered that at twenty-five and sometimes before, the natural supply of oils in the skin begins to dry up. Lines, wrinkles and a dull texture result. This Night Cream contains oils so fine that they are quickly absorbed by the skin, forming a wonderfully effective substitute for natural oils. The Cream will keep your skin unlined, supple and young.

*Per jar,* **1/6** *post free*

### 83. H. & H. "GOLDEN GORSE" FACE POWDER

The sunny fragrance of Gorse flowers is emphasized in this fine, clinging powder. It is made by a special process which means that the powder really will cling for hours—giving that enviable dull "matt" surface and leaving your mind quite free of any irritating doubts that your face needs touching-up.

In five shades :—

**Rachel.** (R.) Rich and creamy in tone.

**Apricot No. 2.** (A.) A mellow pinkish tint for medium blondes.

**Peche No. 1.** (P.) For those who prefer a warmer, deeper tone.

**Ochre Rose.** (O.) The powder for brunettes.

**Sun-Tan.** (S.) A true, golden tan shade.

*Per box,* **1/-** *post free . Quote No.* **83** *and letter*

## 84. "GOLDEN GORSE" ASTRINGENT LOTION

Nearly all skins need a mild astringent lotion to tighten up the pores and brace the delicate facial muscles just beneath the surface of the skin. This lotion contains just the right astringent qualities to keep the skin firm and smooth and to prevent any ageing droop under the chin and round the line of the jaw.

*Per bottle,* **1/3** *post free*

## 85. "GOLDEN GORSE" TALCUM POWDER

Here again the fragrance of Gorse with its suggestion of fresh outdoor beauty makes this toilet powder a luxurious yet inexpensive aid to charm. Use it after the bath. It will keep you cool and dainty under the most trying conditions. Sprinkle some inside your stockings—as a protection against foot weariness it is excellent.

*Per canister,* **1/6** *post free*

**P35. "Golden Gorse" Perfume,** page 76.

## 80. THE "GOLDEN GORSE" BEAUTY SET

Here are all the lovely "Golden Gorse" series, assembled together in a fascinating set which will be a delight to every possessor. In addition to the creams, powder, lotion and talcum—all with the same fresh perfume of the sunny moorland flowers—there are dainty packets of nerve-soothing Herbs for the bath, Herbs which give sheen and brightness to the hair, and, true to our principle that only a healthy skin can form the foundation for a beautiful skin, there are packets of our excellent Blood Purifying Herbs, and finally, two little packets of our fragrant Pot Pourri.

The set is encased in a tasteful and most attractive silver coloured box, which, with the recipient's monogram in gold letters, forms a gift that will be really appreciated. The monogram scheme is described on page 75.

When ordering, please indicate the initials desired and also do not fail to state which shade of powder is needed (page 67).

*The set complete,* **10/-** *post free*

Items 81 to 85 (on this and the previous page) should be ordered when refills for the "Golden Gorse" Beauty Set are required, and the dainty refill packets of Herbs are numbered as follows :—

| | | |
|---|---|---|
| **86.** | **Hair Tonic Herbs** ... ... | **1/-** *post free* |
| **87.** | **Blood Purifying Herbs** ... | **1/6** ,, |
| **88.** | **Bath Herbs** ... ... ... | **2/6** ,, |
| **70a.** | **Pot Pourri** ... ... ... | **6d.** ,, |

Smaller "Golden Gorse" sets are included in the monogrammed box scheme described on page 75.

## 89. H. & H. "GOLDEN GORSE" HAND CREAM

A Cream of very high quality for maintaining that "well-kept" appearance of the hands. It softens, preserves and beautifies the skin. For those whose daily occupations cause a tendency to roughness or soreness of the hands, this Cream will be found an excellent means of soothing them and keeping them soft and smooth. Gardeners will welcome this Cream for its effect in counteracting roughness. For chapped hands, or for those whose skin has a tendency to crack, this Cream will prove of the greatest value.

*Per jar*, **1**/– (*postage* 3d. *extra if ordered alone*)

**89a. H. & H. "Golden Gorse" Hand Cream** in tubes.

*Per tube*, **1**/– *post free*

**33. H. & H. COMPLEXION HERBS.** We offer here a delightfully fragrant combination of Herbs for use in the water when washing. It is a simple, natural means of improving the complexion. The Herbs need no preparation and should be used every day. They stimulate the skin to free action and improve the functions of the minute blood vessels. This is wonderfully beneficial, and the result is a clear skin and a healthy beautiful colour. Included in the mixture are rose petals and lavender—hence the delightful perfume.

*Per package*, **2**/**6** *post free* *Full instructions with every package*

**236. H. & H. COLD CREAM.** All those who know the value of Cold Cream in the toilet will be pleased to be able to buy a brand of the finest quality obtainable, delicately perfumed. We are quite sure that this is the best Cold Cream prepared in the country, and we have examined many. We recommend it with every confidence to our customers.

*Per jar*, **1**/– *post free*

**244. H. & H. SKIN FOOD.** A liquid vanishing cream of delicate fragrance for massaging into the skin after washing. It prevents and eradicates roughness, wrinkles, freckles and sunburn, and makes the skin beautifully fair.

*Per bottle*, **1**/**6** *post free*

**279. H. & H. LANOLINE CREAM.** A daintily perfumed skin food with remarkable beautifying properties, keeping the skin healthy and removing blemishes.

*Per tube*, **1**/**3** *post free*

**330. H. & H. WITCH HAZEL VANISHING CREAM.** A cream of fine texture. Has valuable skin beautifying properties and is extremely popular.

*Per jar*, **9d.** *and* **1**/**2**, *each post free*

**77. H. & H. SMELLING SALTS (Pot Pourri).** These have been rendered most refreshing and attractive by being slightly perfumed with Pot Pourri. In flat, screw-stoppered bottles suitable for the handbag.

*Per bottle*, **9d.** (*postage* 2d. *extra if ordered alone*)

# TOILET REQUISITES
## Especially for Men

### SLIPPERY ELM SHAVING SOAP

This is a very fine soap indeed; there is none with better lathering qualities and it leaves the skin in perfect condition. The Slippery Elm in it has a slightly aromatic perfume and gives to the soap soothing and healing qualities possessed by no other. It is considered by our customers to be the perfect shaving soap, and we have given special attention to the containers which such a product deserves.

**318. SLIPPERY ELM SHAVING SOAP IN STICKS**

In our new bakelite containers with holder-top.

**1/3** *post free* *Refills,* **1/-** *post free*

**318b. SLIPPERY ELM SHAVING SOAP IN BOWLS**

Many prefer this in bowls to avoid rubbing the soap on the face, and the economy of this method is undoubted. The bowls are in beech-wood, with covers.

**1/6** *post free*

**318c. The same soap,** larger size, in handsome **bakelite bowls with covers.** These have been designed especially for us, and we offer them with the confidence that there is no finer soap and container obtainable.

**2/6** *post free* *Refills,* **1/9** *post free*

**318a. SLIPPERY ELM SHAVING CREAM**

A shaving cream of very high quality, containing the same fine lathering and healing properties of the soap, giving a smooth and enjoyable shave to those with the most tender skin.

*In tubes,* **1/3** *post free*

**SHAVING CREAM.**—I shall be pleased if you will send me a further two tubes of your very excellent Slippery Elm Shaving Cream No. 318a for which I enclose P.O. value 2/6. This Cream is a boon in these parts because the water is very hard.—A.F.—13129.

**252. DISTILLED EXTRACT OF WITCH HAZEL.** Should be kept at hand for its many uses, particularly after shaving. Soothes the skin and is useful for athletes in all cases of hæmorrhage, bruises, sprains, etc. A boon to those suffering from Piles.

*Per bottle,* **1/6** *post free*

**Also for Men :—**

38. H. & H. **HAIR TONIC HERBS,** page 71.
210. H. & H. **HAIR NOURISHMENT,** page 71.
78. H. & H. **BRILLIANTINE,** Solidified, page 72.
225. H. & H. **BRILLIANTINE,** Liquid, page 72.
254. H. & H. **SMOKERS' TOOTH PASTE,** page 65.

# FOR THE HAIR

## 38. H. & H. HAIR TONIC HERBS or Herbal Shampoo

This is one of our outstanding toilet preparations. It is a blend of Herbs which forms a liquid which combines the cleansing qualities of a shampoo with those tonic properties which invigorate and beautify, giving vitality and lustre which no other hair preparation we know can produce.

The hair receives its nourishment through the scalp, which must be kept cleansed and free from those particles which stultify growth and cause a dull, lifeless appearance. Ladies' hair should receive this cleansing every ten to fourteen days, men's at more frequent intervals. Not only does this Herbal shampoo cleanse, but at the same time it stimulates and strengthens, giving sheen and crispness to the hair and in many cases leads to new growth.

*Per packet,* **1/6** *post free*

**86. Small Refills** of above, for "Golden Gorse" Beauty Set.

3 *for* **1/-** *post free*

## 210. H. & H. HAIR NOURISHMENT

If the hair is not so healthy as it should be—and there are many signs of this—loss of colour and lustre, lack of crispness, the presence of scurf and dandruff, splitting ends, brittleness and a tendency to come out during brushing and combing—if any of these signs are present, there is no doubt that your hair is short of nourishment.

This Herbal lotion supplies the food that is lacking; it is massaged into the scalp and quickly penetrates to the roots. It is a perfectly sound hair food—neither sticky or greasy—which improves the health of the scalp, eradicating scurf and dandruff—and gives the nourishment to the hair which results in vigour, and a return to sheen and crispness.

*Per bottle,* **1/9** *post free*

## 266. H. & H. EXTRACT OF ROSEMARY

Rosemary has for generations been recognised as providing an oil of particular value to the hair. The quaint wording of an old herbal is worth quoting :—"Take what quantity you will of the flowers and put them into a strong glass close stopped, tye a fine linnen cloth over the mouth, and turn the mouth down into another strong glass, which being set in the sun, an Oyl will distil down into the lower glass, to be preserved as precious for divers uses . . "

The stimulating properties of this oil are present in the Extract, which forms an admirable dressing for the hair, particularly for those with a tendency to greyness.

*Per bottle,* **2/-** *post free*

# SHAMPOOS

**SHAMPOO POWDERS :—**

**310. Chamomile.**—Especially suitable for fair and golden hair.
**311. Parma Violet.**—For all shades of hair.
**312. Henna.**—Especially suitable for brown and auburn hair.

*All the above, per packet,* **6d.** *or* **3** *for* **1/4**, *post free*

## 74. H. & H. LIQUID SHAMPOO (Pot Pourri)

**Specially prepared for customers who prefer a ready-to-use Shampoo**

It is delicately scented with our Pot Pourri, lathers very freely, and thoroughly clears away scurf, dandruff, and other extraneous matters. Ladies will find that it leaves the hair beautifully soft and silky in texture, and greatly enhances its natural beauty. This is an excellent Shampoo for men, too, as it promotes the strong and healthy growth of the hair.

*Per bottle,* **2/-** *post free*

**POT POURRI SHAMPOO.**—Just a few lines about the Pot Pourri Shampoo I sent for last time No. 74. My hair was very dry and lifeless after having a "perm." I must say after using the above shampoo twice it was so soft and glossy. I can safely say that it is all it claims to be.—S.—13065.

**313. H. & H. COCOANUT OIL SHAMPOO.**—Well-known for its cleansing properties and for arresting falling hair.

*Per bottle,* **1/3** *and* **1/9**, *each post free*

**313a. AMETHYST DRY SHAMPOO.** Thoroughly cleanses, and imparts a delightful sheen. A quick and efficient shampoo—it is merely sprinkled on the head and a good brushing completes the process.

*Per tin,* **1/3** *post free*

# BRILLIANTINE

## 78. H. & H. BRILLIANTINE (Solidified)

This is a Solidified Cocoanut Oil Brilliantine with the delicate fragrance of our Pot Pourri. It is an excellent hair dressing, which penetrates readily to the roots, invigorates growth, and corrects dryness.

*Per box,* **1/3** *post free*

## 225. H. & H. BRILLIANTINE (Liquid)

A purely Herbal preparation faintly perfumed with our "Golden Gorse." A few drops rubbed or well brushed into the hair imparts a sparkling lustre to its appearance and stimulates its growth. A good brilliantine for men, and an adjunct to every lady's dressing-table.

*Per bottle, post free,* **10d.** *and* **1/6**

## 70. H. & H. POT POURRI

## ("Elizabethan")

**We claim that this is the most exquisite POT POURRI in existence.**

**Pot Pourri** is returning more and more into favour. In the middle ages it was to be found in all good homes, and its health-giving fragrance added greatly to the joy and happiness of the family. It is usually placed in an open bowl in the drawing-room.

There are many recipes for its preparation. In the old days these were regarded as inviolable secrets, and were handed down from mother to daughter as most valuable heirlooms.

**Our Recipe** was invented by an **Elizabethan Lady,** and for upwards of two centuries was the envy and desire of the family friends.

Of all the recipes handed down from those early days, this is reputed to be **"The Pot Pourri Par Excellence,"** but, in reply to many enquiries, we are sorry that we cannot disclose the secrets of its composition.

In it has been discovered the secret of blending many contrasting odours into one harmonious fragrance of delightfully fascinating character.

**Pot Pourri** is becoming more widely known every day, and it is again the fashion to stand it in the drawing-room that passers-by may turn it over with their hands and liberate its delicate fragrances.

We are pleased to make it available in large or small quantities for making into the many fragrant articles that will immediately suggest themselves. Special quotations will be given on request, for large quantities.

*Per package,* **2/6**; *two for* **4/6**; *three for* **6/6**; *all post free*

**70b.** *Small packets,* **6d.** *post free*

**70a. Refills,** for "Golden Gorse" Beauty Set.
*Two for* **6d.**

We have given the name "Elizabethan" to the above merely to distinguish it from that which follows.

## 75. H. & H. POT POURRI

## ("Tudor")

This is a delightful variation of the above, of rather more attractive appearance, designed especially for open bowls and such things as sachets, where the petals show through the material. The delight of this Pot Pourri lies not only in its lovely fragrance, but in the gay, colourful petals composing it. Its perfume is identical with the "Elizabethan," but a slight sacrifice of concentration had to be made in achieving its charming appearance.

*Per package,* **3/-**; *two for* **5/6**; *three for* **8/6**; *all post free*

**75b.** *Small packets,* **9d.** *post free*

## POT POURRI

O faint dried blossoms sweet with memories
Of all my garden's grace in summertime,
I culled your fragrance when the morning chime
Made music with the birds' glad harmonies.
O crimson petals of the perfumed rose
Crushed 'neath the weight of your own loveliness ;
Dark clove, and lavender whose dainty dress
Lies faded now in sheltered quiet repose.
When Summer speeds her passing, then shall I
Hail myriad perfumes in one perfect whole
Where dwell your imprisoned spirits pure and fair,
And through your grace and lovely courtesy
Find still you hold communion with my soul
As in my garden when you blossomed there.

*Mary Winter Were.*

*Copyright Heath & Heather, Ltd., St. Albans*

## 75a. H. & H. "TUDOR" POT POURRI IN BOWLS

There was much that was picturesque in the period of the Tudors, and one charming article we have re-introduced nowadays is the Pot Pourri Bowl. Filled with gay Pot Pourri, these little beech-wood bowls are fragrant ornaments of dainty appearance, and find a welcome place in any room. We feel sure the reasonable prices will not fail to be noticed.

*Price* **1/6** *(3½-inch diam.) and* **2/6** *(4-inch diam.) each post free*

**75b. Refill** packets of "Tudor" Pot Pourri. **9d.** *each post free*

The Bowl and Refill Packet forms one of the Gift items illustrated on plate facing page 75.

## SACHETS

**306a. Parma Violet,** mauve cord edging.

**306b. Pot Pourri,** "rosebud" edging.

**306c. Lavender,** "silver" edging.

New and very charming sachets in organdie with dainty edgings, for placing amongst linen, etc. A set of three sachets forms as inexpensive and delightful a present as anyone could wish to make. When sent in our monogrammed silver-coloured boxes, they are really a most charming gift to receive.

Sets of three may consist of one of each kind, or all three alike, as desired. If single sachets are required in a box, the price should be carefully noted.

The monogrammed Gift box scheme is described on page 75.

*Per sachet,* **1/3** *post free*
*Per sachet in monogrammed box,* **2/–** *post free*
*Per set of three sachets in monogrammed box,* **3/9** *post free*

The fragrance of a cottage garden comes into your room

**G 1.** Small set of the dainty "GOLDEN GORSE" Beauty preparations. Day Cream (Tube), Night Cream and Face Powder. (State shade required—see below).

Price **3**/– In monogrammed box

**G 3.** SHAVING SOAP and BRUSH. The soap is our noted Slippery Elm Stick in serviceable Bakelite Container.

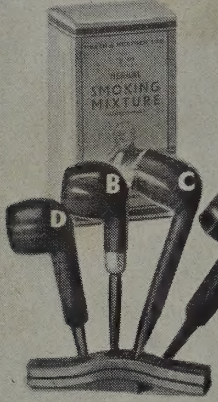
Price **3**/– or **4**/– or **5**/–
(according to quality of brush desired). In monogrammed box

**G7.** POT POURRI BOWL and REFILL PACKET. Gay and fragrant "Tudor" Pot Pourri in Beechwood Bowl with refill packet —a charming gift.

Price **2**/**3** or **3**/**3** (larger Bowl)
In monogrammed box

**G 2.** Small "GOLDEN GORSE" Beauty Set—Day and Night Creams and Face Powder
(State shade required—see below)

Price **4**/–
In monogrammed box



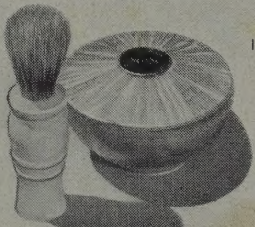
**G 6.** PIPE and CARTON OF HERBAL SMOKING MIXTURE. State shape of pipe and which mixture desired :—
No. 60 (Fragrant) or
No. 61 (Unscented)

Price **2**/**4**
In monogrammed box

Shades of FACE POWDER for **G1**, **G2** and **G80**.
Letter only need be given.
R. (Rachel) A. (Apricot)
P. (Peche)
O. (Ochre Rose)
S. (Sun Tan)

**G 71.** POT POURRI SOAP. The finest and most economical of all soaps.

Price **3**/**3** (Three tablets)
In monogrammed box



**G 4.** SHAVING SOAP and BRUSH. Slippery Elm Soap in Wooden Bowl with cover. A most attractive gift.

Price **3**/**3** or **4**/**3** or **5**/**3**
(according to quality of brush desired). In monogrammed box

**G 8.** SACHETS. Dainty, fragrant Sachets for placing amongst linen, &c. A. (Parma Violet). B. (Exquisite Pot Pourri). C. (Lavender).

Price **2**/**6** for two, **3**/**9** for three (**2**/– for one) In monogrammed box

**G 5.** SHAVING SOAP and BRUSH
The Slippery Elm Soap (Large size) in handsome black Bakelite Bowl, with cover

Price **4**/**3** or **5**/**3** or **6**/**3**
(according to quality of brush desired)
In monogrammed box

**G 10.** PERFUMES "Les quatre Saisons," ANY FOUR selected from the list opposite, in "sample" size bottles.

Price **4**/– In monogrammed box

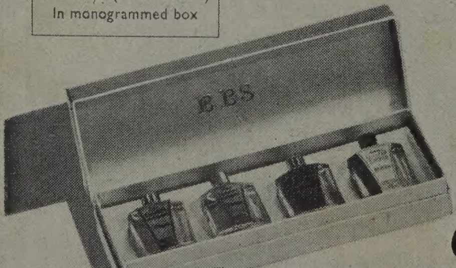
**G 9.** PERFUMES—"Les quatre Saisons" of high quality.
Any of the following may be selected :

P20. "Spring"
P30. "Summer"
P40. "Autumn"
P50. "Winter"
P21. Parma Violet
P22. Narcissus
P23. Wallflower
P24. Lily of the Valley
P25. Lilac
P31. Jasmine
P32. Carnation
P33. Sweet Pea
P34. Honeysuckle
P41. Lavender
P42. Heliotrope
P43. Night-Scented Stock
P51. Cologne Marquise

Price **3**/**6** or **5**/**6**
In monogrammed box

**G 80.** "GOLDEN GORSE" Beauty Set
Day and Night Creams, Face Powder & Lotion, Talcum, Blood purifying, Hair Tonic and Bath Herbs. Pot Pourri. This beautiful Set complete.

Price **10**/– In monogrammed box. (State shade of powder desired :—
See opposite).



# Gifts

## FOR NEW YEAR - BIRTHDAYS AND CHRISTMAS

# GIFTS

**For Birthdays, Christmas, New Year, etc.**

Here is a happy answer to the old familiar "What shall I give . . . . ?" question.

YOU look forward to giving something to your friends and relatives that will really please them, and to the pleasure of making "him" or "her" a gift that will be perhaps unusual, but, above all, personal.

What a joy it would be to give something designed especially for him or her alone.

Well—look at the selection of useful, beautiful and inexpensive articles on the plate opposite. Each item is standard, as listed in this book. Some are in a new and more attractive guise—the Bakelite containers for the Shaving Soap for instance, and the lovely new Pot Pourri sachets and bowls.

Now choose which of the gifts you know "he" or "she" would like, and

**we will encase them in handsome silver-coloured boxes complete with his or her own initials stamped in gold—AT NO ADDITIONAL COST—and we will then post them to you, or to them direct with your greeting cards enclosed.**

You see how very personal the monogrammed boxes will make your gift—the graceful compliment—the extra "thought" which makes a gift of such value.

**Do this, then:**—Fill in all particulars carefully in the special space provided on the Order Form, giving clearly the initials of those for whom the gifts are intended and the date by which they must arrive. Post the form to us, together with your note or greeting cards and remittance (the cost of the articles only nothing more) and we will do the rest.

Please let us have your instructions in good time—the earlier the better—particularly for Christmas, otherwise we cannot guarantee their prompt arrival.

# H. & H. PERFUMES

## "THE FOUR SEASONS"

**Of Recent Years** Perfumes have tended more and more to become elaborate and exotic, the original pure scents of the flowers being submerged and lost.

**It is all the more pleasing,** therefore, to notice that the most discriminating and fastidious ladies are now returning for their Perfumes to the pure sweet scents of the garden and countryside. Heath & Heather have always confined their Perfumes principally to floral scents and last year introduced a new and lovely range, which has met with an eager and highly appreciative response.

**In Quality** and loveliness "The Four Seasons" Perfumes will be found altogether pleasing. There is a selection of four exquisite blends — "Spring," "Summer," "Autumn," and "Winter"—a refreshing Cologne perfume, and thirteen favourite floral scents.

**P20.** **"Spring"**—a dainty blending which captures all the gay freshness of Spring flowers.

**P21. Parma Violet** **P22. Narcissus** **P23. Wallflower**
**P24. Lily of the Valley** **P25. Lilac**

**P30.** **"Summer"**—a "fuller" blending, embodying the full glory of Summer flowers.

**P31. Jasmine** **P32. Carnation** **P33. Sweet Pea**
**P34. Honeysuckle** **P35. Golden Gorse**

**P40.** **"Autumn"**—a fuller blending still, reflecting the wistful mellowness of the turn of the year.

**P41. Lavender** **P42. Heliotrope**
**P43. Night-Scented Stock**

**P50.** **"Winter"**—here, floral scents give place to those in keeping with Winter gaiety. A lovely scent for evening use.

**P51.** **"Cologne Marquise"**—a very beautiful Cologne perfume.

*The prices of all the above are as follows:—*
*1-oz. bottles,* 3/6 *2-oz. bottles,* 5/6, *each post free*

These are most attractively got up. The appearance of each accords with the season it represents—Green for Spring, Gold for Summer, Bronze for Autumn, Silver for Winter.

**Sample Bottles** *of any of the above,* 1/- *each post free*
*Any four sample bottles, in a charming box,* 4/- *post free*

These Perfumes are included in the Gift items illustrated on plate facing page 75.

# Section Seven

## PILL SIMPLES

## HERB SIMPLES

## POWDERED HERB SIMPLES

# PILL SIMPLES

202 **BLADDERWRACK PILLS**—Anti-fat, useful for slimming.

180 **BONESET PILLS** — Tonic, Febrifuge, laxative. Very beneficial for feverish colds, Influenza, Catarrh.

181 **BROOM PILLS**—Of great service in the treatment of Dropsy and Kidney troubles.

203 **BUCHU PILLS** — Effective for Gravel, Inflammation and Catarrh of the Bladder.

182 **BUCKBEAN or BOGBEAN PILLS**—Splendid bitter tonic. Of great service also in cases of Rheumatism and skin diseases.

183 **BURDOCK PILLS**—One of the finest blood purifiers known.

184 **CASCARA PILLS** — Laxative, tonic. Of great use for habitual Constipation and for digestive complaints.

185 **CAYENNE PILLS**—A splendid stimulant and tonic.

204 **CELERY SEED PILLS**—Very effective in treatment of Rheumatism.

186 **CENTAURY PILLS**—Used extensively in Dyspepsia.

187 **CHAMOMILE PILLS**—Stomachic, tonic. An old-fashioned but very efficacious remedy for Neuralgia and Nerve affections.

206 **COTO PARA PILLS**—For intestinal Catarrh, Diarrhœa and Dysentery.

205 **COUCHGRASS PILLS.**—For Kidney and Bladder troubles, Gout and Rheumatism.

188 **CRANESBILL PILLS**—Astringent and Styptic. Useful in Diarrhœa and internal bleeding.

207 **DAMIANA PILLS**—An all-round tonic.

208 **DANDELION PILLS**—For the Liver and Kidneys.

189 **GARLIC PILLS**—Of great value in producing warmth and stimulating the whole system and when the vital powers are feeble.

209 **GENTIAN PILLS**—Splendid all-round tonic and for enfeebled digestion.

212 **KOLA-NUT PILLS**—Excellent restoratives and for muscular weakness of the heart.

190 **LADIES' MANTLE PILLS**—Serviceable in excessive Menstruation.

213 **LILY OF THE VALLEY PILLS**—Cardiac tonic and beneficial in treatment of Dropsy.

191 **MISTLETOE PILLS**—Tonic and nervine. Effective for nervous disorders.

192 **PARSLEY PIERT PILLS**—Used in case of Gravel, Kidney and Bladder complaints.

193 **PERIWINKLE PILLS**—Astringent and tonic. Useful for internal bleeding.

194 **RASPBERRY LEAF PILLS**—May be used wherever an astringent is required.

195 **SARSAPARILLA PILLS**—An excellent alterative for chronic Rheumatism, Skin Diseases and Debility.

196 **SAW PALMETTO PILLS**—Nutritive tonic. Helpful in increasing flesh.

214 **SCULLCAP PILLS**—One of the best nervines known.

215 **TORMENTIL ROOT PILLS**—For relaxed bowels, Diarrhœa, a good astringent and tonic.

216 **VALERIAN PILLS** — For nervous debility. Promotes sleep and relieves pain.

197 **WILD CARROT PILLS**—Valuable in the treatment of Dropsy, Retention of Urine, Gravel, etc.

*All the above—*
*Per box of* 50, 1/3 *post free and* 150, 3/- *post free*

# HERB SIMPLES

Simples not mentioned in the following list can almost invariably be supplied by giving the common name of the Herb or its botanical name. We have sources of supply from which we can obtain any well-known Herb.

**332 AGRIMONY** (*Agrimonia Eupatoria*)—Coughs, diarrhœa, relaxed bowels, kidney and liver derangements.

**334 ANGELICA** (*Angelica Arch. angelica*)—Stimulating and aromatic. Kidney trouble and producing perspiration.

**337 ARRACH** (*Chenopodium olidum*)—Hysteria, and purely female complaints. A powerful nerve tonic.

**951 ASH LEAVES** (*Fraxinus excelsior*)—Useful in case of gout and rheumatoid arthritis.

**339 AVENS** (*Geum urbanum*)—Astringent, styptic and tonic.

**341 BALM** (*Melissa officinalis*)—Cooling for fevers. Induces mild perspiration.

**343 BALM OF GILEAD** (*Populus candicans*)—For affections of the chest, lungs, stomach and kidneys.

**345 BALMONY** (*Chelone glabra*)—Constipation, dyspepsia, jaundice, for worms in children.

**348 BLACKBERRY** (*Rubus villosus*)—An excellent tonic. Useful in cases of diarrhœa, etc.

**350 BLACK CURRANT** (*Ribes nigrum*)—For hoarseness, sore throat, coughs, and catarrh generally.

**351 BLADDERWRACK** (*Fucus vesiculosus*)—Effective for obesity and for kidney trouble.

**352 BLUE MALLOW** (*Malva sylvestris*)—Popular for coughs, colds, etc.

**355 BONESET** (*Eupatorium perfoliatum*)—For fever, catarrh, asthma, etc.

**955 BORAGE** (*Borago officinalis*)—For fevers and chest trouble.

**357 BROOKLIME** (*Veronica Beccabunga*)—Kidney complaints, scurvy, impure blood.

**359 BROOM** (*Cytisus scoparius*)—Dropsy and kidney trouble generally.

**362 BUCHU** (*Barosma betulina*)—For Gravel and inflammation of the bladder.

**365 BUCKBEAN OR BOGBEAN** (*Menyanthes trifoliata*). Tonic. Useful for liver trouble, scurvy, and skin diseases.

**367 BUGLE** (*Ajuga reptans*)—Used in hæmorrhages, liver disorders, and consumption.

**369 BUGLEWEED** (*Lycopus Virginicus*)—Used in coughs and bleeding from lungs.

**368 BUGLOSS** (*Echium vulgare*)—Relieves inflammatory pains, fevers and nervous affections.

**372 BURDOCK** (*Arctium Lappa*)—A fine blood purifier, for scurvy and eruptions, and also kidney complaints.

**373 BURNET SAXIFRAGE** (*Pimpinella Saxifraga*)—A remedy for stomach troubles and flatulency.

**374 CALAMINT** (*Calamintha officinalis*)—Used for coughs, chest colds, and bronchitis.

**376 CARROT, WILD** (*Daucus Carota*)—For dropsy, retention and irregularities of urine, gravel and other bladder affections.

**379 CATMINT, CATNEP** (*Nepeta Cataria*)—Very useful in colds, inducing perspiration.

**381 CELANDINE** (*Chelidonium majus*)—Used in jaundice, eczema, scrofulous, and other skin diseases.

**383 CENTAURY** (*Erythrœa Centaurium*)—For dyspepsia. Mixed with Barberry Bark for jaundice.

*All the above, price per packet,* **9d.** *post free*
*Large packet* (*3 times the former*), **1/6** *post free*

386 **CHAMOMILE** (*Anthemis nobilis*)—For hysteria and nervousness in women, and a tonic.

957 **CHERRY STALKS** (*Prunus avium*)—A useful tonic and astringent.

387 **CHESTNUT LEAVES** (*Castanea vesca*)—Very efficacious in paroxysmal or convulsive coughs and other irritable conditions of respiratory organs.

959 **CLARY** (*Salvia Sclarea*)—For indigestion. Good eye lotion.

388 **CLIVERS OR CLEAVERS** (*Galium Aparine*)—Excellent for gravel and other urinary disorders. Also a tonic.

**CLOWNSWORT** — See No. 533 (Woundwort).

391 **COLTSFOOT** (*Tussilago Farfara*)—A popular and effective cough remedy. Also the basis of Herbal Smoking Mixture.

393 **COMFREY** (*Symphytum officinale*)—Highly valued for lung and chest trouble. Used as poultice on obstinate ulcers.

394 **COOLWORT** (*Tiarella cordifolia*)—Counteracts acidity of the stomach. For urinary troubles and a tonic.

978 **CRAMP BARK** (*Viburnum Opulus*)—Very effectual for cramp. A good tonic.

395 **CRANESBILL** (*Geranium maculatum*)—For cholera and diarrhoea. Also of use for internal intestinal haemorrhage.

398 **CUDWEED OR COTTONWEED** (*Gnaphalium uliginosum*)—An excellent treatment for quinsy, as a medicine, gargle, and external poultice.

400 **DAMIANA** (*Turnera aphrodisiaca*)—Valuable as a tonic in debilitated conditions of the reproductive organs. Also as a tonic to the nervous and physical systems generally.

401 **DANDELION** (*Taraxacum officinale*)—A laxative and a tonic. Useful in correcting kidney and liver disorders.

965 **ELDER LEAVES** (*Sambucus nigra*)—Excellent for urinary irregularities and epilepsy.

979 **EUPHORBIA** (*Euphorbia pilulifera*)—Gives great relief in paroxysmal asthma. For chest affections generally.

406 **EYEBRIGHT** (*Euphrasia officinalis*) — Exceedingly useful for weak eyes, ophthalmia, etc.

408 **FEVERFEW** (*Chrysanthemum Parthenium*)—Useful in purely female complaints, hysteria, etc.

411 **FIGWORT** (*Scrofularia nodosa*)—Called the Scrofula plant. Valuable for ulcers, abscesses and cutaneous eruptions. Useful both as an internal medicine and poultice.

413 **FIVE LEAF GRASS** (*Potentilla reptans*)—Excellent for diarrhoea and bowel looseness.

414 **FLEABANE** (*Erigeron Canadense*)—An excellent kidney medicine and a tonic. Serviceable in diarrhoea, gravel, and for affections of the kidneys.

415 **FLUELLIN** (*Linaria Elatine*)—For jaundice, liver and skin diseases.

418 **FUMITORY** (*Fumaria officinalis*) — For stomach and liver derangements, and also for skin affections.

421 **GERMANDER** (*Teucrium Chamaedrys*)—For rheumatism, gout, intermittent fevers, scrofula and skin diseases.

423 **GOLDEN ROD** (*Solidago Virgaurea*) — Corrects sickness from weakness of stomach. Promotes perspiration.

967 **GOUTWORT** (*Aegopodium Podagraria*)—For aching gouty and sciatic pains.

425 **GROUND IVY** (*Glechoma hederacea*)—For coughs and internal ulcers. Also for skin diseases.

*All the above, price per packet,* 9d. *post free*
*Large packet* (3 *times the former*), 1/6 *post free*

**428 GROUND PINE** (*Ajuga Chamæpitys*)—Combined with suitable herbs is a fine remedy for rheumatism and gout. Useful in kidney complaints and female disorders.

**431 HARTSTONGUE** (*Scolopendrium vulgare*)—For kidney and bladder complaints, and in removing obstruction of the liver and spleen.

**433 HEARTSEASE** (*Viola tricolor*)—Said to prevent convulsions in epilepsy and asthma. Good for skin eruptions and for blood disorders.

**436 HOLY THISTLE** (*Carbenia benedicta*)—An excellent tonic. Useful in dyspepsia, intermittent fevers, loss of appetite. Also excellent for colds and female disorders.

**438 HOREHOUND** (*Marrubium vulgare*) — Useful for colds, coughs, etc. A good tonic. Used also in making horehound ale.

**439 HORSETAIL** (*Equisetum arvense*)—Of great value in treatment of dropsy, gravel, urinary incontinency and kidney affections generally.

**441 HYSSOP** (*Hyssopus officinalis*)—An agreeable treatment for coughs, colds, and lung complaints generally.

**443 ICELAND MOSS** (*Cetraria Islandica*)—To improve the appetite and digestion. For chronic catarrh and bronchitis. It relieves the cough and helps by its nutritive qualities.

**444 IRISH MOSS** (*Chondrus Crispus*)—Useful in chest and bronchial affections; also in irritating diseases of bladder and kidneys. Like Iceland Moss, it possesses nutritive qualities.

**445 KNOTGRASS** (*Polygonum erectum*)—For child diarrhœa, and Summer complaints.

**448 LADIES' MANTLE** (*Alchemilla vulgaris*)—For excessive menstruation and flooding.

**451 LIFE ROOT HERB** (*Senecio aureus*)—Of great value in suppressed menstruation, chest affections, and as a tonic. Used with benefit in gravel, stone and diarrhœa.

**453 LIVERWORT** (*Peltigera canina*)—For disorders of liver and kidneys. May with advantage be used in coughs and lung hæmorrhage.

**457 LOOSESTRIFE** (*Lysimachia vulgaris*)—Useful in bleeding of mouth, nose, etc. A useful gargle for relaxed throat.

**460 LUNGWORT** (*Sticta pulmonaria*)—For coughs, and lung complaints generally.

**462 MAIDENHAIR** (*Adiantum Capillus-Veneris*)—For coughs, hoarseness and colds generally. Much used by the French.

**465 MARJORAM, WILD** (*Origanum vulgare*)—For female complaints. Promotes perspiration. Good for colds and fevers.

**467 MARSHMALLOW** (*Althea officinalis*) — Excellent for coughs, colds, bronchitis, and asthma. Invaluable for poultices. Remedial in inflammation of bladder.

**469 MEADOWSWEET** (*Spiræa Ulmaria*)—Good for dropsy and kidney trouble. Excellent for diarrhœa in children.

**472 MISTLETOE** (*Viscum album*)—For hysteria, epilepsy, St. Vitus dance, and other nervous complaints. A tonic especially for the heart.

**474 MOTHERWORT** (*Leonurus cardiaca*)—For female weaknesses, hysteria, and other nerve complaints. A simple tonic for use when convalescent after fever.

*All the above, price per packet,* **9d.** *post free*
*Large packet* (*3 times the former*), **1/6** *post free*

477 **MOUNTAIN FLAX** (*Linum catharticum*) — Active purgative. Useful for constipation and kidney complaints combined with other herbs.

479 **MOUSEAR** (*Hieracium Pilosella*)—The common hawkweed. For whooping cough and lung trouble.

482 **MUGWORT** (*Artemisia vulgaris*)—For female irregularities.

483 **MULLEIN** (*Verbascum thapsus*)—For coughs and bronchial affections generally.

484 **NETTLES, STINGING** (*Urtica dioica*) — For nettle rash. A blood purifier and a tonic.

487 **PARSLEY PIERT** (*Alchemilla arvensis*)—For gravel, kidney and bladder complaints.

489 **PELLITORY OF THE WALL** (*Parietaria officinalis*) —A laxative. Useful for dropsy, stone, gravel, and incontinency of urine.

491 **PENNYROYAL** (*Mentha Pulegium*)—Useful in female complaints caused by chill. Safe and excellent. Also used for flatulence, sickness, spasms, and hysteria.

494 **PEPPERMINT** (*Mentha piperita*)—For sickness, vomiting, flatulence, and as cordial for infants.

495 **PERIWINKLE** (*Vinca major*) —An astringent and tonic. Now also used in the treatment of diabetes by South African doctors.

496 **PILEWORT** (*Ranunculus Ficaria*)—Used for piles, internally as medicine and externally in the form of ointment.

499 **PLANTAIN** (*Plantago major*) —Fresh leaves relieve insect stings. Used internally for diarrhœa, piles, and in blood medicines.

501 **RAGWORT** (*Senecio Jacobæa*) —For coughs, colds, etc. Relieves sciatica and rheumatism.

503 **RASPBERRY** (*Rubus Idæus*) —A gargle for sore throat, etc., and a wash for ulcers and wounds. The tea is a great help if drunk freely before and during confinement.

505 **RED SAGE** (*Salvia officinalis*) —A gargle for relaxed throat and tonsils. Excellent for ulceration of mouth and throat.

508 **ROSEMARY** (*Rosmarinus officinalis*)—Used for stomach and nerves. Good hair stimulant.

510 **RUE** (*Ruta graveolens*)—For female complaints and hysteria.

512 **RUPTUREWORT** (*Herniaria glabra*)—Especially useful for catarrh of the bladder.

515 **SANICLE** (*Sanicula Europæa*) —For blood disorders, dysentery, and diarrhœa.

516 **SENNA LEAVES** (*Cassia acutifolia*)—Aperient, and probably the best cleanser of the alimentary tract. It is better to use a little ginger when preparing.

517 **SCULLCAP** (*Scutellaria lateriflora*)—Most valuable nerve medicine for St. Vitus dance, hysteria, convulsions, and all nervous disorders.

518 **SCURVY GRASS** (*Cochlearia officinalis*)—As its name implies, it is excellent in the treatment of scurvy and other skin affections.

519 **SCABIOUS** (*Scabiosa succisa*) —Makes a useful tea for coughs, fevers and internal inflammations.

520 **SELFHEAL** (*Prunella vulgaris*)—For sore and relaxed throat. Also for internal bleeding, etc.

*All the above, price per packet,* 9d. *post free*
*Large packet* (3 *times the former*), 1/6 *post free*

**523 SHEPHERD'S PURSE** (*Capsella Bursa-pastoris*)—For kidney complaints, dropsy, etc., and for chronic diarrhœa.

**977 SILVERWEED** (*Potentilla anserina*)—Useful as an astringent. Has also tonic properties.

**526 SOAPWORT** (*Saponaria officinalis*)—For scrofula and skin diseases generally.

**528 SOUTHERNWOOD** (*Artemisia Abrotanum*)—For female complaints, this is an admirable remedy. Also as a remedy for worms.

**529 SORREL** (*Rumex Acetosa*)—A cooling mixture of great use in kidney complaints. An excellent cooling drink in fevers. Leaves are occasionally eaten as a salad.

**531 SPEARMINT** (*Mentha viridis*)—A stimulant, allays sickness and relieves flatulency.

**533 SPEEDWELL** (*Veronica officinalis*)—For colds, coughs, and catarrh. Useful in female complaints and skin diseases.

**586 SQUAW-VINE** (*Mitchella repens*)—Useful in dropsy, diarrhœa and suppression of urine. A great help when taken before and during confinement.

**534 ST. JOHN'S WORT** (*Hypericum perforatum*)—Useful in coughs, colds, bronchitis, and lung diseases.

**535 TANSY** (*Tanacetum vulgare*)—Valuable in hysteria, nausea, women's complaints, kidney weakness, etc. Also for the expulsion of worms in children.

**538 THYME** (*Thymus vulgaris*)—Generally used in combination with others. A tonic and antiseptic.

**540 UVA URSI** (*Arctostaphylos Uva-ursi*)—For all complaints of kidneys and urinary organs.

**542 VERVAIN** (*Verbena officinalis*)—For early stages of fevers, colds, etc. For fits, convulsions or similar nervous disorders.

**545 VIOLET** (*Viola odorata*)—Useful either as medicine, poultice or lotion.

**546 WINTERGREEN** (*Gaultheria procumbens*)—Especially valuable in rheumatism.

**547 WOOD BETONY** (*Stachys Betonica*)—Used for dyspepsia and rheumatism. Valuable for scrofula and impurities of the blood.

**549 WOODRUFF** (*Asperula odorata*)—Makes a fine substitute for ordinary tea. Useful as a remedy in liver complaints.

**550 WOOD SAGE** (*Teucrium Scorodonia*)—For removing obstructions of liver and kidneys.

**552 WORMWOOD** (*Artemisia Absinthium*)—Good for enfeebled digestion and consequent debility. Also useful to expel worms in children.

**553 WOUNDWORT** (*Stachys palustris*)—Useful for fits. Relieves gout and cramp, and if taken internally stops internal bleeding and dysentery.

**555 YARROW** (*Achillea millefolium*)—For colds, promoting perspiration, and for commencement of fevers. Composition Essence should be used with it.

## BARKS

**556 ALDER** (*Prinos Verticillatus*)—Very similar to Cascara, to which many people prefer it. An excellent aperient.

**557 ASH** (*Fraxinus excelsior*)—Laxative and purgative. Used largely in intermittent fevers, ague, etc.

**558 BARBERRY** (*Berberis vulgaris*)—Jaundice and liver complaints. Useful in indigestion and constipation.

**560 BAYBERRY** (*Myrica cerifera*)—A powerful tonic. Forms the basis of Composition Powder. Excellent for chills, cramps, etc.

*All the above, price per packet,* **9d.** *post free*
*Large packet* (3 *times the former*), **1/6** *post free*

561 **BIRCH** (*Betula alba*) — A bitter astringent. Used for skin diseases and eczema. Can be used internally or externally.

953 **BLACK WILLOW** (*Salix nigra*)—Useful in the treatment of ovarian disorders, and as a poultice.

562 **BOXWOOD** (*Cornus Florida*) —For headaches and exhaustion. Of great use in fevers.

565 **CASCARA** (*Rhamnus Purshiana*)—For chronic dyspepsia, indigestion, constipation and piles.

567 **CASCARILLA** (*Croton Eleuteria*)—For use in diarrhœa, dyspepsia, flatulence. Also during convalescence from acute diseases.

569 **CHERRY** (*Prunus Virginiana*)—Used in combination with other herbs for blood purifying, lung diseases and derangements of bladder and liver.

572 **CINNAMON** (*Cinnamomum Zeylanicum*) — Useful as a stimulating cordial in weakness of the stomach and diarrhœa. Stops nausea and vomiting.

573 **COTO PARA** (*Nectandra Coto*)—An antiseptic and astringent. Excellent for intestinal catarrh, diarrhœa, and dysentery.

574 **HEMLOCK SPRUCE OR CANADIAN PINE** (*Tsuga Canadensis or Pinus Canadensis*)—Useful as an astringent injection in certain female complaints. May also be used as medicine.

575 **OAK** (*Quercus Robur*)—Tonic, astringent, antiseptic.

576 **MAGNOLIA** (*Magnolia Virginiana*) — Good stimulant. Useful in malaria. Popular in the treatment of rheumatism.

577 **PERUVIAN** (*Cinchona Calisaya*)—A well-known powerful tonic. Extensively used in neuralgia, dyspepsia, and debility. Overdoses sometimes cause headache and giddiness.

578 **POMEGRANATE** (*Punica Granatum*)—Largely used as a remedy for tape-worm. Directions will be sent with the package.

580 **POPLAR** (*Populus tremuloides*)—Has all the powers of Peruvian Bark with none of the drawbacks. May be freely used.

582 **PRICKLY ASH** (*Xanthoxylum Americanum*) — Of use wherever a general stimulant is required. Especially useful in rheumatism and certain skin diseases.

584 **SASSAFRAS** (*Sassafras officinale*)—For rheumatic complaints and eruptive diseases.

585 **SLIPPERY ELM** (*Ulmus fulva*)—This bark makes the best healing poultice for suppurated wounds. Generally used in conjunction with Marshmallow. The powdered bark (see No. 831) made into gruel is an excellent help in inflammatory complaints of the stomach.

587 **WILLOW (WHITE)** (*Salix alba*)—Has been effectively used in fevers of rheumatic origin. Good also in cases of diarrhœa and dysentery.

589 **WITCH HAZEL** (*Hamamelis Virginiana*)—Most valuable in cases of internal bleeding, external wounds and sores and piles.

590 **JAMAICA DOGWOOD** (*Piscidia Erythrina*) — A nerve sedative. Relieves toothache. Largely used for coughs. Help in insomnia and nerve pain.

591 **FRINGETREE** (*Chionanthus Virginica*)—Nerve tonic, and also for kidney trouble.

## FLOWERS

591a **CACTUS** (*Cereus grandiflorus*)—Cardiac tonic. Relieves palpitations and neuralgia. Suitable in prostatic disorders and bladder troubles.

*All the above, price per packet,* **9d.** *post free*
*Large packet* (*3 times the former*), **1/6** *post free*

**592 CHAMOMILE** (*Anthemis nobilis*) — Useful as digestive tonic and for debility.

**595 CLOVER (Red)** (*Trifolium pratense*)—Used for coughs, etc

**963 COWSLIP** (*Primula veris*)—Tea made from Cowslip Flowers is an excellent after-supper drink for insomnia.

**598 ELDER** (*Sambucus nigra*)—Useful in urinary troubles, rheumatism, gout, dropsy, colds. etc.

**601 HOP** (*Humulus Lupulus*)—Valuable tonic for stomach and nerves. Also for indigestion and worms.

**603 LIME** (*Tilia Europæa*)—For catarrhal and nervous complaints.

**606 MARIGOLD** (*Calendula officinalis*)—Internally for fevers, promoting perspiration and prevents suppuration.

**608 SAFFLOWER** (*Carthamus tinctorius*)—Useful for female irregularities, fevers, and eruptive skin complaints.

## ROOTS

**611 BETH** (*Trillium pendulum*)—For blood in urine and menstrual irregularities.

**612 BISTORT** (*Polygonum Bistorta*)—An astringent. Exceedingly useful in dealing with hæmorrhoids.

**613 BLACK COHOSH** (*Cimicifuga racemosa*)—For rheumatism, female complaints and glandular swellings, for diarrhœa and whooping cough, and St. Vitus dance.

**615 BLOOD** (*Sanguinaria Canadensis*)—For the chest and bronchial troubles.

**617 BLUE COHOSH** (*Caulophyllum thalictroides*)—Excellent in rheumatic affections and menstrual irregularities.

**618 BLUE FLAG** (*Iris versicolor*) —For liver complaints and dropsy

**622 BRYONY (White)** (*Bryonia alba*)—In small doses good for coughs, colds, bronchitis, pneumonia.

**624 BURDOCK** (*Arctium Lappa*) —For scurvy and other eruptions. Useful also in kidney complaints.

**625 CALAMUS** (*Acorus Calamus*) —Effective for dyspepsia, colic, flatulence, ague, etc.

**627 CALUMBA** (*Jateorhiza Calumba*)—Valuable in the treatment of dyspepsia, weakness of stomach, etc.

**629 COMFREY** (*Symphytum officinale*) — Fine medicine for chest complaints. Usually used in combination with others. Excellent for poulticing obstinate ulcers.

**632 COUCH GRASS** (*Agropyrum repens*)—Useful in cystitis, nephritis, and bladder complaints generally. Also for gout and rheumatism.

**634 CRANESBILL** (*Geranium maculatum*)—Infantile cholera and diarrhœa. Also used to stop internal bleeding. An astringent and tonic for the kidneys.

**637 DANDELION** (*Taraxacum officinale*)—A popular treatment for kidney and liver complaints.

**642 ECHINACEA** (*Echinacea augustifolia*)—A blood purifier of great power. For boils, carbuncles, internal and external. Improves digestion.

**644 ELECAMPANE** (*Inula Helenium*)—For lung troubles. Also a good urinary medicine.

**645 ERYNGO** (*Eryngium campestre*) — Useful in kidney trouble and irritant coughs. Also useful in bladder troubles.

**646 GALANGAL** (*Alpinia officinarum*)—This root is especially useful in dyspepsia, preventing fermentation and removing flatulence.

*All the above, price per packet,* **9d.** *post free*
*Large packet* (*3 times the former*), **1/6** *post free*

647 **GENTIAN** (*Gentiana lutea*)—One of the best tonics. May be used in all cases of weakness, whether digestive, nervous, or anæmic.

649 **GINGER** (*Zingiber officinale*)—Used generally with other herbs for colds, spasms, flatulence, etc.

651 **GOLDEN SEAL** (*Hydrastis Canadensis*) — An excellent tonic and a splendid specific for liver and digestive complaints. 1/- per ounce.

654 **GRAVEL** (*Eupatorium purpureum*)—For gravel, stone in bladder, and urinary complaints generally.

656 **IPECACUANHA** (*Psychotria Ipecacuanha*) — Used for coughs, colds and dysentery. Produces perspiration. 1/- per ounce.

659 **JALAP** (*Ipomaea purga*)—Useful in constipation, colic, and torpidity of bowels.

660 **LADIES' SLIPPER** (*Cypripedium pubescens*) — Allays pain, induces sleep, and is of great service in headache, neuralgia, hysteria and most nervous disorders.

661 **LILY OF THE VALLEY** (*Convallaria majalis*) — In small doses for dropsy and valvular heart disease.

663 **LILY (White Pond)** (*Nymphæa odorata*)—Used internally for bowel hæmorrhage. Externally as lotion for bad legs and ulcers. In putrid sore throat as a gargle.

666 **LIQUORICE** (*Glycyrrhiza glabra*)—For coughs, hoarseness, colds, etc.

669 **LOVAGE** (*Levisticum officinale*)—For stomach, liver and kidney troubles.

671 **MALE - FERN** (*Dryopteris Filix-mas*)—For the expulsion of tape-worms.

671a **MANDRAKE** (*Podophyllum peltatum*)—A powerful medicine, exercising an influence on every part of the body. Small doses frequently given are the best. Excellent for scrofulous and dyspeptic complaints.

672 **MARSHMALLOW** (*Althea officinalis*) — For asthma, dysentery and kidney trouble.

672a **MASTERWORT** (*Imperatoria Ostruthium*)—Good for flatulence and indigestion. A fine stimulant, useful in fits. It is also used for menstrual trouble.

973 **ORRIS** (*Iris Florentina*)—Of no remedial value. Used in tooth pastes, powders, etc., for fragrance.

672b **PAREIRA** (*Chondrodendron tomentosum*)—Useful aperient, with beneficial effects on the kidneys. It has wonderful effects in bladder and urinary complaints.

672c **PARILLA, YELLOW** (*Menispermum Canadense*)—One of the most valuable of blood purifiers. For skin affections and cutaneous diseases generally.

980 **PEONY** (*Pæonia officinalis*)—Antispasmodic tonic. Successfully employed in convulsive and spasmodic nervous affections.

673 **PLEURISY** (*Asclepias tuberosa*)—Valuable in all chest trouble, especially pleurisy.

976 **POKE** (*Phytolacca decandra*)—Same action as berries, but rather stronger.

673a **QUEEN'S DELIGHT** (*Stillingia sylvatica*) — An aperient with tonic properties, and also useful for blood purifying.

674 **REDDOCK** (*Rumex aquaticus*)—An excellent blood purifier.

676 **RHUBARB** (*Rheum palmatum*)—Small dose will cure diarrhœa. Large dose is a safe aperient.

677 **SARSAPARILLA** (*Smilax ornata*)—General purifier for the blood.

*All the above* (*except Nos.* 651 *and* 656), *price per packet*, 9d. *post free*
*Large packet* (3 *times the former*), 1/6 *post free*

**678 SKUNK-CABBAGE** (*Symlocarpus foetidus*)—Is used with other herbs in the preparation of fever powder.

**679 SNAKE** (*Aristolochia Serpentaria*) — Very efficacious in feverish conditions. Also antispasmodic tonic and nervine in action.

**680 SOLOMON'S SEAL** (*Polygonatum multiflorum*)—Good in fluor albus and female weakness. Of use also in pulmonary trouble.

**680a TORMENTIL** (*Potentilla Tormentilla*)—For diarrhœa, dysentery, etc. Good for ulcers, old sores, cuts, etc.

**680b UNICORN, FALSE** (*Chamaelirium luteum*) — A good tonic in dyspepsia and general weakness.

**681 VALERIAN** (*Valeriana officinalis*)—For St. Vitus dance, epilepsy, and nervous complaints.

**682 WAKE ROBIN ARUM** (*Arum triphyllum*)—Excellent for croup, whooping cough, bronchitis, laryngitis, tonsilitis, etc.

**683 YELLOW DOCK** (*Rumex crispus*)—Excellent for skin diseases, rheumatism, liver trouble, piles, etc.

## BERRIES

**684 JUNIPER** (*Juniperus communis*)—Excellent for the kidneys and dropsy.

**975 POKE** (*Phytolacca decandra*) —Valuable for use in cases of chronic rheumatism, ulcers, ringworm.

**685 PRICKLY ASH** (*Xanthoxylum Americanum*)—Useful in scurvy, rheumatism, paralysis. It is also of use in skin diseases, and as an antispasmodic.

**686 SAW PALMETTO** (*Serenoa serrulata*)—Recommended for all wasting diseases. A remarkable strength builder, and a great restorer of lost energy.

**687 SUMACH** (*Rhus glabra*)—Good in putrid fevers, and as a gargle for the throat. Useful also in kidney and bladder trouble.

## WOOD

**689 QUASSIA CHIPS** (*Picraena excelsa*)—For dyspepsia and feeble digestion. Also to expel worms.

**692 GUAIACUM RASPINGS** (*Guaiacum officinale*) — For gout, rheumatism, and impurities of the blood.

## SEEDS

**695 ANISE** (*Pimpinella Anisum*) — Used in cough medicines and lozenges.

**698 BURDOCK** (*Arctium Lappa*) —One of the best blood purifiers. Often used with other herbs for this purpose.

**699 CARAWAY** (*Carum Carvi*)—Carminative and stimulant. Used for children's ailments, especially disorders of stomach.

**701 CELERY** (*Apium graveolens*) —Excellent for rheumatism and kidney complaints generally. Also used as a tonic.

**961 CLOVES** (*Eugenia caryophyllata*)—Used with herbs as an aromatic. It has stimulating properties.

**702 CORIANDER** (*Coriandum sativum*)—Excellent for flatulence. Useful for mixing with other stomach medicines for this purpose.

**705 FENNEL** (*Foeniculum dulce*) —A stimulant and stomach medicine. Usually mixed with other medicines to counteract certain unpleasant effects.

**706 JAMBUL** (*Eugenia Jambolana*)—Useful for diabetes in its early stages.

*All the above, price per packet,* **9d.** *post free*
*Large packet* (3 *times the former*), **1/6** *post free*

**KOLA-NUT** (*Cola vera*)—A good tonic for the nerves, and safe and good for muscular weakness of the heart. N.B.—This can only be supplied in the powdered form (see No. 821).

708 **LINSEED** (*Linum usitatissimum*)—Used largely in cough mixtures. When ground, makes an excellent poultice. Oil extracted useful for scalds, burns, etc.

712 **MUSTARD** (*Brassica alba*)—Good for indigestion, flatulence, costiveness, colic. Also for dropsy.

715 **NETTLE** (*Urtica dioica*)—Useful in chest affections and as a blood medicine

719 **SENNA PODS** (*Cassia acutifolia*)—Aperient, and probably the best cleanser of the alimentary tract.

## GUM-RESIN

731 **MYRRH** (*Commiphora Myrrha*)—A decoction made from the gum-resin for sore or ulcerated throats, thrush, etc., makes an excellent gargle and mouth wash.

*All the above, price per packet,* 9d. *post free*
*Large packet* (3 *times the former*), 1/6 *post free*

# POWDERED HERB SIMPLES

## HERBS

730 AGRIMONY
739 AVENS
740 ARRACH
741 BALM
743 BUCHU
746 BONESET
749 BROOM
750 BUCKBEAN
751 BUGLE
752 CARROT, WILD
755 CENTAURY
757 CHAMOMILE
758 COLTSFOOT
759 CUDWEED
761 FIGWORT
762 FUMITORY
764 GROUND IVY
765 HOLY THISTLE
767 HOREHOUND
770 HYSSOP
771 LADIES' MANTLE
772 LIFE ROOT
773 LIVERWORT
779 MEADOWSWEET
780 MISTLETOE
781 MOTHERWORT
782 MUGWORT
783 MULLEIN
784 NETTLES
785 PARSLEY PIERT
786 PELLITORY OF THE WALL
787 PENNYROYAL
788 PEPPERMINT
789 RAGWORT
790 RUE
791 RED SAGE
794 RASPBERRY
795 ST. JOHN'S WORT
796 SANICLE
797 SCULLCAP
798 SENNA
800 SOUTHERNWOOD
801 SPEARMINT
803 TANSY
806 VERVAIN
808 UVA URSI
809 WOOD BETONY
810 WORMWOOD
812 YARROW

*All the above,* 1/- *per package, post free*

## SEEDS

**814 CARAWAY**
**816 CELERY**
**817 CORIANDER**
**818 FENNEL**
**821 KOLA-NUT**
**822 LINSEED**
**823 NETTLE**
**824 ANISEED**

## BARKS

**826 BARBERRY**
**827 BAYBERRY**
**829 CASCARA**
**830 CINNAMON**
**831 ELM, SLIPPERY**
**833 OAK**
**836 PERUVIAN**
**837 POPLAR**
**838 PRICKLY ASH**
**839 SASSAFRAS**
**840 WILLOW (White)**
**841 WILLOW (Black)**
**842 WITCH HAZEL**

## FLOWERS

**843 HOPS**
**845 LIME**
**848 CHAMOMILE**
**851 ELDER**

## ROOTS

**854 BURDOCK**
**857 BLOOD**
**859 CALUMBA**
**860 COMFREY**
**861 COUCH GRASS**
**863 CRANESBILL**
**866 DANDELION**
**867 DOCK ROOT (RED)**
**869 GENTIAN**
**872 GINGER**
**873 GOLDEN SEAL (2/- per oz.)**
**874 GRAVEL**
**875 LILY OF THE VALLEY**
**878 WHITE POND LILY**
**881 LIQUORICE**
**882 MALE FERN**
**884 MARSHMALLOW**
**886 PLEURISY**
**887 RHUBARB**
**890 SARSAPARILLA**
**891 SOLOMON'S SEAL**
**893 TORMENTIL**
**896 VALERIAN**
**899 YELLOW DOCK**

## BERRIES

**905 JUNIPER BERRIES**
**910 PRICKLY ASH**
**912 SAW PALMETTO**
**914 SUMACH**

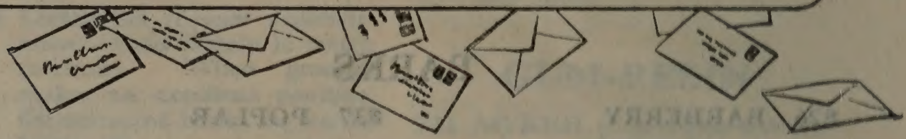
## WOODS

**920 GUAIACUM**
**921 QUASSIA**

*All the above, 1/- per package, post free*

Except No. 873 (which see above)

# QUESTIONS WE ARE OFTEN ASKED



**How much do your Packages of Herb Mixtures contain?**

They vary from about 2½ ounces to 5 ounces. Each package is sufficient to make 4 pints of strong medicine.

**How much can be made at once?**

It is better to make a small quantity at a time. In no case should the medicine be kept more than a few days. With powdered Herbs, it is advisable to make fresh as required, using a small teaspoonful to a small cupful of boiling water.

**Shall I bottle the Infusion when made up?**

No! It is much better to allow the medicine to stand in an open jug in a cool place.

**Would you advise Herbs or Pills?**

Herbs are rather more effective than Pills and we recommend them wherever possible. For business people and those who have not the time to prepare the Herb Tea, the Pills will be found more convenient for use. See notes on page 6.

**Should Hot or Cold Water be poured on the Herbs before simmering?**

Boiling water is best. Full directions are sent with all packets of Herbs.

**Where can I buy your Herbs?**

Our Remedies can be obtained direct from Heath & Heather, Ltd., St. Albans, or from Chemists and Stores displaying our Agency Showcard. New customers introduced through Agents should always mention Agent's name on subsequent orders.

**How long should I take the Medicine?**

You should keep on with it at least one week after you feel yourself cured. Often an illness comes on again through the sufferer leaving off the medicine too soon.

**How long will the Treatment take?**

This depends on so many circumstances that it is impossible to say. Generally, if a complaint has only recently developed, it will yield to the treatment quickly. The safe way is to attack it with Nature's weapons before it obtains a firm hold on the system.

**Is there ever any Delay?**

Orders are despatched by return of post. But sometimes persons omit a vital part of their address. Then we have no option but to wait for them to write again. The name and full address should be set out clearly on your Order Form to prevent delay in the despatch of an order for goods.

### Do you make any reduction for quantities ?

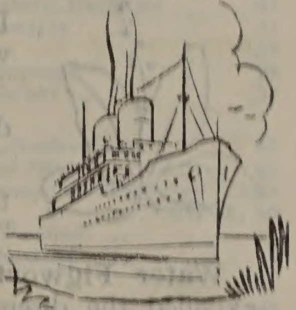
Only in the case of Herbal Smoking Mixture and Herbal Cigarettes. We also, where one of our friends has taken the trouble to collect several orders for us, allow him to deduct his postage and order expenses in remitting.

### My Complaint is not mentioned in your Index. Can you make me up a Special Mixture ?

We do this many times daily. Applicable remedies are made up and despatched immediately without extra charge. Special Pills, however, take some few days to prepare.

### Do you send Remedies abroad ?

We do so every day. Our overseas trade has grown enormously, and we send goods to every corner of the globe. In these cases, however, the extra cost of postage and packing should be sent. (See "How to Order Herbs," page 5.)



### What is a "Wineglass" Dose ?

Three tablespoonsful, or 1½ to 2 fluid ounces.

### Is it possible to take more than one Remedy at a time ?

Yes ! and in many cases it is necessary. Careful advice is always given when required.

### Are there any difficulties in Preparation ?

None whatever. Making Herb Medicine is as easy as making tea. Full instructions are always given.

### May I give Pills to my Children ?

This is generally inadvisable. It is far better to give children, especially those under 12 years of age, Herbal Tea, sweetened to taste, in small doses.

### How long will the Herbs keep when not required for immediate use ?

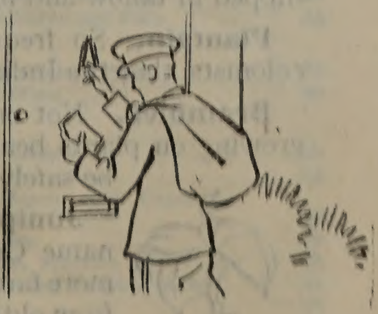
They will keep good indefinitely if properly protected. The best method of keeping the Herbs is to store them in a warm dry cupboard and keep them in the bags in which they are sent.

### How long will the Herb Infusion keep Good ?

Six to seven days if kept in a cool place, but during very hot weather only three or four days.

### Do you purchase Herbs from private people ?

No ! We can only maintain quality and quantity by controlling our own sources of supply.



### WILL YOU PLEASE SEND THESE BY RETURN ?

We always do. We quite realize the importance of every customer receiving his medicine promptly, and in many cases the Herbs have been despatched within one hour of receipt of order.

# MORE "HERB LORE AND LEGEND"

It is interesting to recall some of the picturesque beliefs about herbs. We give this page in response to many requests.

**Hedge Mustard** has an old name of London Rocket. It sprang up in immense quantities after the Great Fire of London, and has been common in the suburbs ever since.

**Hemp Agrimony** was called "Holy Rope." It was thought to be the rope with which Christ was bound.

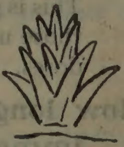
**Avens.** With this root in the house, Satan can do no harm; hence its name of Blessed Herb.

**Yarrow.** In the West of England bridesmaids take a bunch of double-flowered Yarrow as "Seven Years Love" to a wedding.

**Water Figwort.** The Saxons called it Mare, and with it expelled the disembodied ancestor spirit which troubled their sleep after supper; otherwise nightmare.

**Broom.** In Holland, when a ship in dock ties a besom to the top of the mast, it advertises that a new owner is wanted. Have we not a saying that a widow "hangs out the broom"?

**Wood-Sorrel**—the "sensitive plant" of the English woodlands, shrinking when roughly handled and drooping at the approach of rain and dew. It is said to be the original shamrock plucked by St. Patrick. It is still used to remove iron-mould from linen.

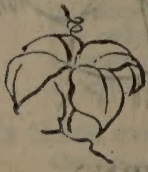


**Coltsfoot**—a useful ingredient in Herbal Smoking Mixture. The downy under-part of the leaves used also to be in demand for filling tinder-boxes.

**Mullein.** Aaron's Rod, as it is called, was used to hold the tapers to light altar candles—in fact, was used as a taper by being dipped in tallow and lighted.

**Plantain.** So frequently does it spring up in the track of colonists, that the Indians call it the "Englishman's foot."

**Brambles.** Not only these, but as a general rule, all fruits growing on plants bearing flowers similar to the wild rose, may be safely eaten.



**Juniper.** Its French name "Genièvre"—gave the name Geneva to an alcholic spirit known under a more familiar monosyllable. The gum which exuded from old juniper bushes was much prized by lawyers for making "pounce" for their manuscripts and deeds.

**Heath.** From which a wonderful brew is made, forms also the Highlander's bed, roofs his house, tans his leather, dyes his tartan, catches his fish and feeds his moorland fowls.

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| ★318 | Shaving Soap (Sticks) Slippery Elm | 70 |
| 318a | Shaving Cream, Slippery Elm | 70 |
| ★318b-c | Shaving Soap (in bowls) Slippery Elm | 70 |
| 319 | Snuff | 24 |
| 320 | Sponges (Rubber) | 64 |
| 321 | Suppositories, Pilewort and Witch Hazel | 41 |
| 322 | Syrup of Figs | 54 |
| 323 | Sun-Tan Oil | 65 |
| 324 | Sun-Burn Lotion | 65 |
| 326 | Talcum Powder (Borecic and Slippery Elm) | 65 |
| 327 | Tooth Powder | 65 |
| 328 | Walnut Ketchup | 62 |
| 329 | Grape Juice | 60 |
| 330 | Witch Hazel Vanishing Cream | 69 |
| 330a | Kola-Nut Wine | 60 |
| 331 | Lemon Juice | 59 |
| 332-731<br>951-977 | Herb Simples | 79-88 |
| 730-921 | Herbs in Powdered Form | 88 & 89 |
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★ *New Items.*

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# GENERAL NOTES

**All communications are treated with the strictest confidence. The names of clients are never divulged, except with their consent.**

**Most Important.**—As our correspondence has increased enormously, may we point out that there will be a great saving of time if customers will read pages 90 and 91 in this book before writing to us. Here will be found a list of **Questions we are Often Asked**, and the answers to them.

**We do not undertake to diagnose cases,** but we are always ready to advise our customers as to the best Herbal Remedies to take. We are glad to know that we have done a vast amount of good in this way.

**Confidential Letters** should be addressed to Mr. S. F. Mayes or Miss E. Howard, both of whom are members of the Health Practitioners' Association.

## TESTIMONIALS

We are daily receiving gratifying letters from those who have been restored to normal health—but never do we solicit these. A few of these spontaneous letters of appreciation are reproduced on pages 12 and 56 and throughout the book.

## HOW CUSTOMERS HAVE HELPED

Our business owes its expansion largely to the recommendations of our customers. We are especially grateful to those who go to the trouble of filling in and sending to us the cards sent with each order, giving the names and addresses of those to whom a copy of this book would be acceptable.

## A FREE COPY OF THE FAMOUS BOOK OF HERBS

**will be sent to every applicant**

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